Every person who maliciously cuts, defaces, breaks or injures any book, map, chart, picture, engraving, statue, coin, model, apparatus, or other work of literature, art, mechanics or object of curiosity, deposited in any public library, gallery, museum or collection is guilty of a misdemeanor.

Penal Code of California
1915, Section 623

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ep Spaces

Getting a Fresh Start in 1985!

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Get the New Look You Want— One Stage at a Time!

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Armstrong



Armstrong presents the disappearing kitchen.

And the Designer Solarian® floor that sets the scene for gracious entertaining.

The Room:

Entertaining is a pleasure for hosts and guests alike in a Great Room designed to put everyone at ease in beautiful fashion. All evidences of food preparation vanish behind the vertical blind divider. And the Designer Solarian floor gives the room such an elegant ambiance you'll feel like a guest at your own dinner party.

The kitchen itself is a model of efficiency with an ingenious storage wall that includes the refrigerator and freezer as well as pull-out sections for small appliances. An added convenience is the microwave oven on a cart that can be stored out of sight or rolled to the table for easy serving.

For more information on the Armstrong floor and other features of this idea-filled room, send for our free "Disappearing Kitchen" booklet, or call the toll-free Armstrong Consumer Line. Ask for department 51FBH. 800-233-3823. (In Pennsylvania, call 800-732-0048.)

The Floor:

The remarkable beauty of this Armstrong Designer Solarian floor begins with Inlaid Color™. With most no-wax floors, the color and design are just printed on. Designer Solarian is different. Its uncommon richness is the result of Inlaid Color, an exclusive Armstrong process that builds up the design with thousands of varicolored granules—creating a uniquely crafted look no printed floor can match.

And Designer Solarian floors have Armstrong's extra-durable Mirabond® XL surface that keeps



its like-new look far longer than vinyl no-wax floors. If eventually a reduction in gloss should occur in heavy-traffic areas, Armstrong Shinekeeper™ polish can help maintain the shine. See Designer Solarian floors at your Armstrong retailer, listed in the Yellow Pages under "Floor Materials."

Armstrong

so nice to come home to™

JUN 11 1985

Armstrong, Dept. 51FBH
P.O. Box 3001, Lancaster, PA 17604
Please send your free "Disappearing Kitchen" booklet.

(please print)

Name:

Street:

City:

State:

Zip:



Scene: Bachelor apartment, Chicago.
Time: 7:02 p.m.
Cast: One hungry guy. One T-bone done to a T.

And Stouffer's® **Fettucini Alfredo,**
in another outstanding performance.

Turn the side of your plate into a star attraction. With Side Dishes. From Stouffer's®.

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January 1985; Vol. 63, No. 1

Better Homes and Gardens®

THE IDEA MAGAZINE FOR BETTER HOMES AND FAMILIES

Getting a Fresh Start in 1985!

LEARN SOMETHING NEW

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START EATING RIGHT!

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TURN A CHICKEN WING INTO A BUFFALO WING WITHOUT IT...



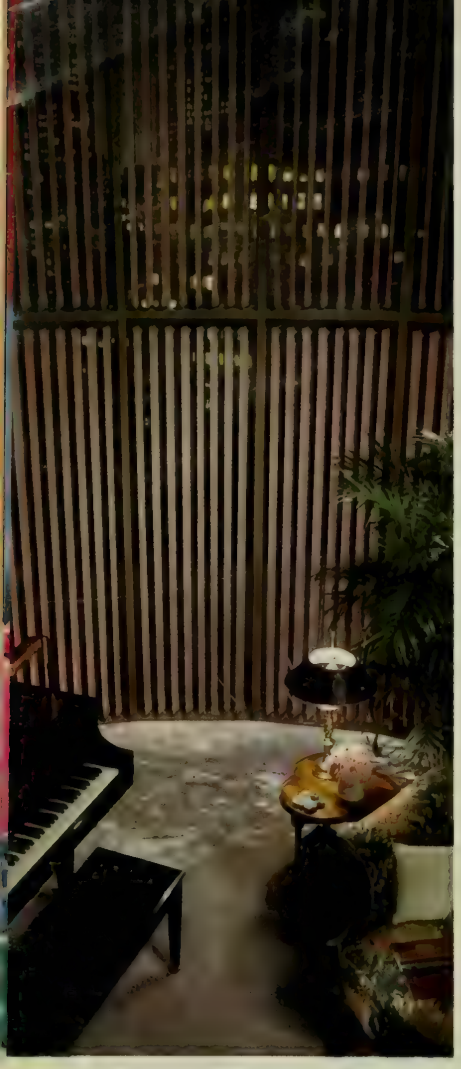
CHICKEN WINGS-BUFFALO STYLE
2½ lbs. wings (12 to 15 wings)
4 tbls. RedHot (or more to taste)
½ cup butter/margarine, melted.

ORIGINAL BUFFALO WINGS: Split wings at joints, discard tips; pat dry. Deep fry at 400° (high) until crispy (12 minutes). Remove; drain. Combine RedHot and butter. Toss wings in sauce to coat completely. Serve with celery sticks and a blue cheese dip.

NO FRY METHOD: Bake split wings 30 minutes at 350°. Place in bowl and marinate in RedHot and butter mixture for 3 hours or overnight; turn twice. Before serving, broil 5 minutes on each side 3-4" from heat. Turn and brush often with extra marinade until crispy.



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Editor At Large

All of us who work on *Better Homes and Gardens* love to hear from you, our readers. And, I must say, we do hear from a lot of you. We get several thousand letters a month for a variety of reasons, and many thousands of responses to our various contests, like our "America's Favorite Room" contest. Even when sending in an entry for our "Prize Tested Recipes," many of you will add a note of comment.

I've thought for some time that we should publish a "Letters" column, but I've been reluctant to use our valuable editorial pages for the random comments and self-promotion one so often sees in these columns. I've been looking, instead, for an idea to make such a feature truly useful and interesting.

"I'll bet the best answers don't come from the experts at all. The best answers are bound to come from people who are actually living those lives—our very own readers."

I never did come up with the right idea, but Kate Greer, our Managing Editor did. She said, "American family life is constantly changing, and we're always hearing from all kinds of experts about what people should do to adjust to these changes. But I'll bet the best answers don't come from the experts at all. The best answers are bound to come from people who are actually living those lives—our very own readers. Why don't we ask them to write and tell us about what's going on in their lives and how they're coping with the problems they face?"

Picking up on Kate's idea, we want to start a monthly "Family Network" feature. Of course, the success of this new feature depends on you. If you or someone you know has solved a family or community problem in a way you think would be interesting and helpful to the rest of us, write and tell me about it.



Write me a letter . . .

What kinds of things should you write to me about? Well, maybe you've found a way to start a good relationship with your spouse's children from a previous marriage. Or perhaps you and a group of your friends have solved some tough community problem. Or even if you've just found a way to get the whole family together at dinner time without issuing engraved invitations, I'd like to hear about how you did it.

What I'm really looking for are surprises; problems that wouldn't have occurred to any of us, and solutions we would never have thought of.

So let me hear from you. Write your ideas as short as possible so I can publish several problems and solutions in each issue. I won't be able to publish all your letters, of course, and I'll probably have to edit those I do publish. I won't be able to answer all your letters, either, but that won't mean I won't be reading them with great interest. Of course, the letters become the property of *Better Homes and Gardens*. Write to:

Family Network
1716 Locust Sreet
Des Moines, IA 50336.

David Jordan

David Jordan, Editor



ORANGE YOU SMART

FOR DRINKING FLORIDA ORANGE JUICE.

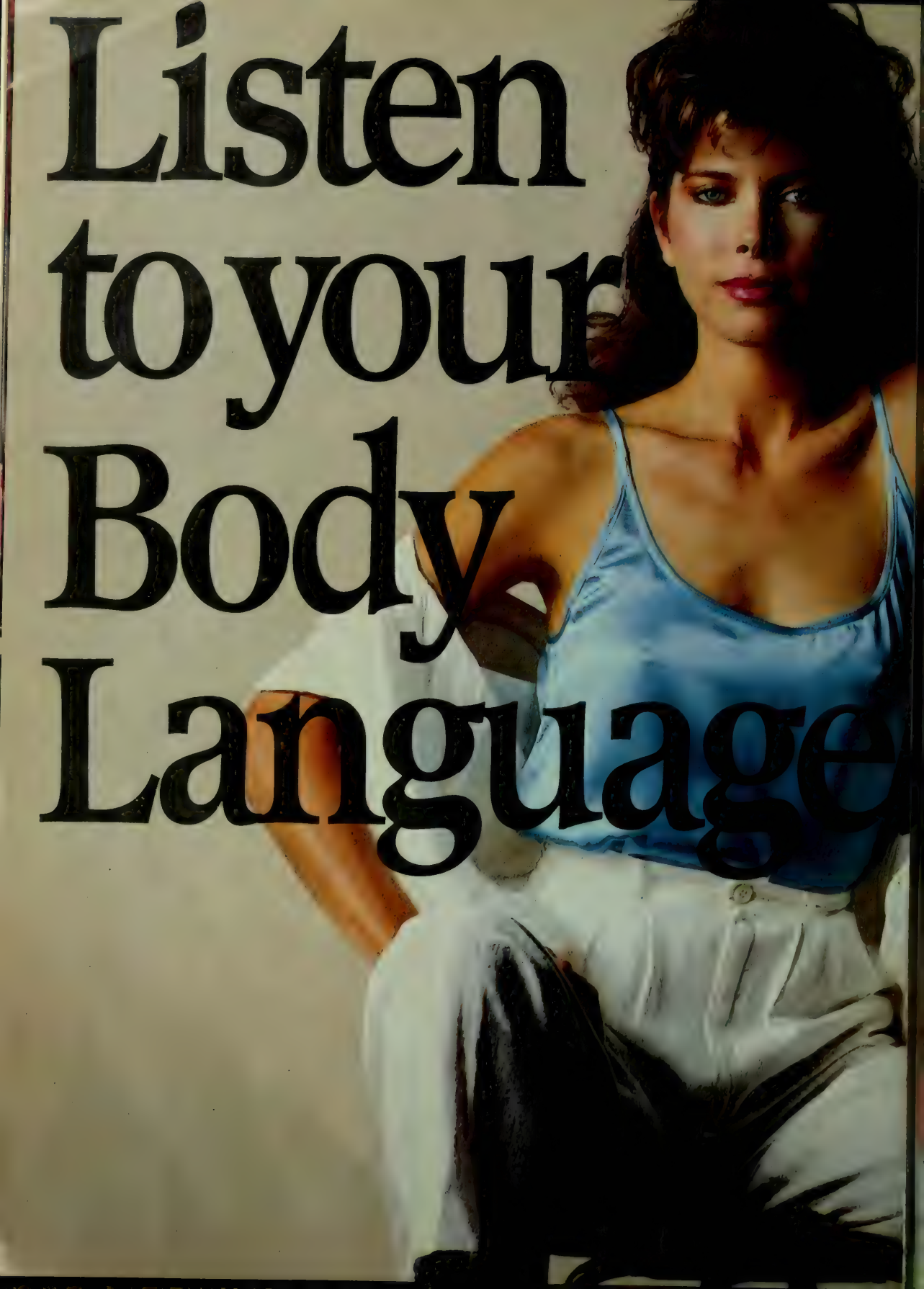
You can't get too much of a good thing when it's Florida orange juice. It's filled with great taste, Vitamin C, potassium and minerals. And it's low in sodium.

So drink up. Because there's nothing smarter than a glass of 100% pure orange juice from Florida.

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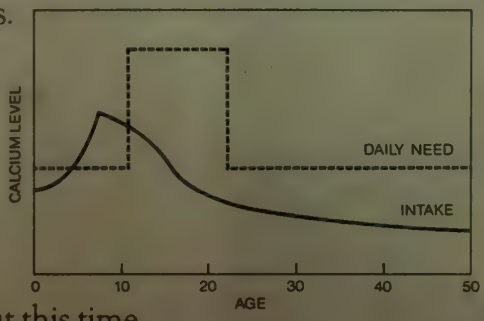
Florida Orange Growers

Listen to your Body Language



LET NATURE PUT BACK THE CALCIUM NATURE TAKES AWAY.

To help your Body Language be graceful nd attractive you have to pay close attenon to what your body needs. nd one of the things your ody needs most is calcium. hen your bones reach aturity, if your diet isn't rich enough in calcium, your body will actually begin to leech the calcium it needs from your bones.



Unfortunately at about this time, many women stop taking advantage of the best natural source of calcium in their diets—milk.

CALCIUM DEFICIENCY CAN BE PAINFULLY OBVIOUS.



What happens when your body begins to feed on its own calcium supply is one of nature's cruelest processes.

Bones become porous, brittle. Actual height loss can result. And many older women find their bones offer such poor support they can't stand erect without help.

At this age fractures are common. And catastrophic.

At its most advanced stage, the condition is called osteoporosis. Men suffer from it too, although it is 7 to 10 times as prevalent among women, because of hormonal and dietary differences. Starting at about age 40, they lose calcium faster than men. Also a woman's bone loss becomes even more accelerated after menopause, when her hormone balance changes.

Altogether millions of Americans have osteoporosis. One of the major causes of this condition is that they've reduced the natural calcium intake in their diets by eliminating milk or other dairy products.

RICH IN CALCIUM. LOW IN CALORIES.

A major secret of preventing osteoporosis is to eat plenty of foods that are calcium-rich.

Milk is one of the best; and it's low in calories.

Two glasses a day supply three-quarters of the calcium recommended for a woman—but only a seventh of a day's total calories.

And many scientists believe you will help prevent osteoporosis if you exercise regularly and drink milk every day, every year of your life.

Remember, beautiful Body Language begins with healthy bones. And healthy bones need the calcium in milk.

Milk. It does a body good.™



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And we'll keep on improving them.

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When it comes to making them last longer, we never stop.



New Duncan Hines cookies taste soft and chewy inside, like homemade. Not hard like most storebought packaged cookies.

New Duncan Hines cookies are loaded with real chocolate chips. So every bite is full of delicious homemade taste.

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One bite'll tell you



...brand new Duncan Hines Chocolate Chip Cookies taste crispy, chewy like mom's.

What's Happening

HELP WILD ONES ON THE MEND

Until lately, chances of survival were slim for sick or injured wild creatures taken in by well-meaning people who don't know how to provide proper care. But that's changing, thanks to a growing group of trained and licensed wildlife rehabilitators. There are some 2,000 U.S. wildlife rehabilitation centers where animals and birds are cared for until they're well enough to return to the wild. At a few centers, care is provided for creatures that can never fend for themselves again, or these birds and animals are placed in zoos or breeding programs, or are humanely euthanized.

For the wildlife rehabilitator nearest you, contact a state fish and game warden, the state office of the U.S. Fish and Wildlife Service, or the Wildlife Rehabilitation Council, Box 3007, Walnut Creek, CA 94598 (include a business-size, stamped, self-addressed envelope).

FAREWELL TO THE CAB

The Civil Aeronautics Board (CAB), the federal regulatory agency that's been involved in protecting the consumer rights of air passengers for nearly 50 years, will be out of business as of January 1 of this year. Most of the CAB's responsibilities have been transferred to the Department of Transportation, including the authority to create and enforce consumer regulations to aid air travelers. These regulations include compensation for being bumped from flights that are overbooked, guaranteed no-smoking seats, liability for lost and/or damaged luggage, guidelines for carriers operating charter flights, and equal access for handicapped airline passengers.

Any consumer complaints should now be addressed to Consumer Affairs Office, Office of the Secretary, Department of Transportation, 400 Seventh St., SW, Washington, DC 20590.



MINI DRYERS

Check your favorite department store for new compact hair dryers small enough to fit in the palm of your hand. Several manufacturers offer a variety of models, with power levels from 1,000 to 1,500 watts. Special features include concentrators and adaptability for foreign travel.



Wildflower meadow

WILDFLOWERS OF THE WORLD

Now you can enjoy the wildflowers of Europe without stepping out of your own garden. Norm Thompson, an international mail-order company, is currently offering the Wildflower Passport to the Meadows of the World. The collection includes four different seed packets with over 125 varieties of wildflowers from Scandinavia, the United Kingdom, the Mediterranean, and the Swiss Alps. All will thrive in the climates of the United States. Each packet will cover 500 square feet, and can be planted in window boxes, pots, or garden borders. For information, write Norm Thompson, P.O. Box 3999, Portland, OR 97208.

BE PREPARED!

On July 24–30 of this year, 30,000 boy scouts from 20 to 30 countries will converge on Fort A.P. Hill near Fredricksburg, Va. The occasion is a jamboree marking the Diamond Jubilee of the Boy Scouts of America. National jamborees are held every four years, but the 75th aniversary of scouting makes this get-together extra special. Scouts attending will be able to compete in a variety of events and learn many new skills.



Over 70 million Americans have been associated with the Boy Scouts since it was incorporated in 1910 in Washington, D.C., by William D. Boyce. To learn more about what's happening at the Jamboree and in special local activities, contact your local Boy Scout Council or write the National Boy Scout Association, 1325 Walnut Hill Lane, Irving, TX 75038.

continued

SLICKED-UP CHIC

From a contemporary cube to Queen Anne armchairs, the new look is wet, shiny lacquer. Glossy painted finishes are turning



up as a touch of lacquer rather than a roomful, with popular color choices of black, burgundy, and creamy vanilla closely followed by gray, grape, and mauve. Although "lacquer" is the watchword, many manufacturers create the look with durable synthetic coatings, instead of paint. This Oriental-style secretary, from Lane's Illusions East collection, is finished in high-gloss polyester.

SWEET QUESTIONS

NutraSweet®, the low-calorie sweetener, is sweeping the country! Any questions you might have about this product can be answered by calling a toll-free number at G.D. Searle & Co., the makers of NutraSweet. And, you can receive NutraSweet literature relating to diabetes and PKU (phenylketonuria) by dialing 1-800/321-7254 (in Illinois, call collect: 312/982-7972).

WRITE A NURSERYMAN

Looking for that unusual or hard-to-find plant? Let the Mailorder Association of Nurserymen help you out. Their booklet, Gardening by Mail, includes the names and addresses of 95 different companies that sell trees, shrubs, roses, vines, ground covers, flowers, vegetables, fruits, water and rock garden plants, houseplants, herbs, and bulbs. For your free copy, send a business-size envelope with 37 cents postage to the Mailorder Association of Nurserymen, Dept BH, 210 Cartwright Blvd., Massapequa Park, NY 11762.

"SMALL MISCHIEF" AT LIBRARY

Unique children's book illustrations from the 17th through the 19th centuries are on exhibit at The Pierpont Morgan Library. View mischief, mishap, mayhem, and all manner of curious catastrophe from children's literature. Displays include Little Red Riding Hood, Peter Rabbit, and a first edition Pinocchio. "Small Mischief" runs through February 24 at 29 East 36th St., New York City.





DARN IT!

Net darning has gone elegant. Project kits are reviving this simple technique for making lace by darning or weaving stitches in and out of the squares of a special net. Kits for pillows and wall hangings include design patterns and all materials. Or, 60-inch-wide nets by the yard let you design curtain panels, tablecloths, and much more.

TUBE FOODS

Now you can "put the squeeze on" tomato paste, garlic puree, onion puree, mustard, and anchovy paste. These tube foods, many of them imports, offer convenience because you use just the amount you want; recap and refrigerate the remainder until needed. Look for tube food selections in your favorite gourmet shops. BH&G

NEXT MONTH IN BH&G



CREATE MUSLIN MASTERPIECES IN A WEEKEND

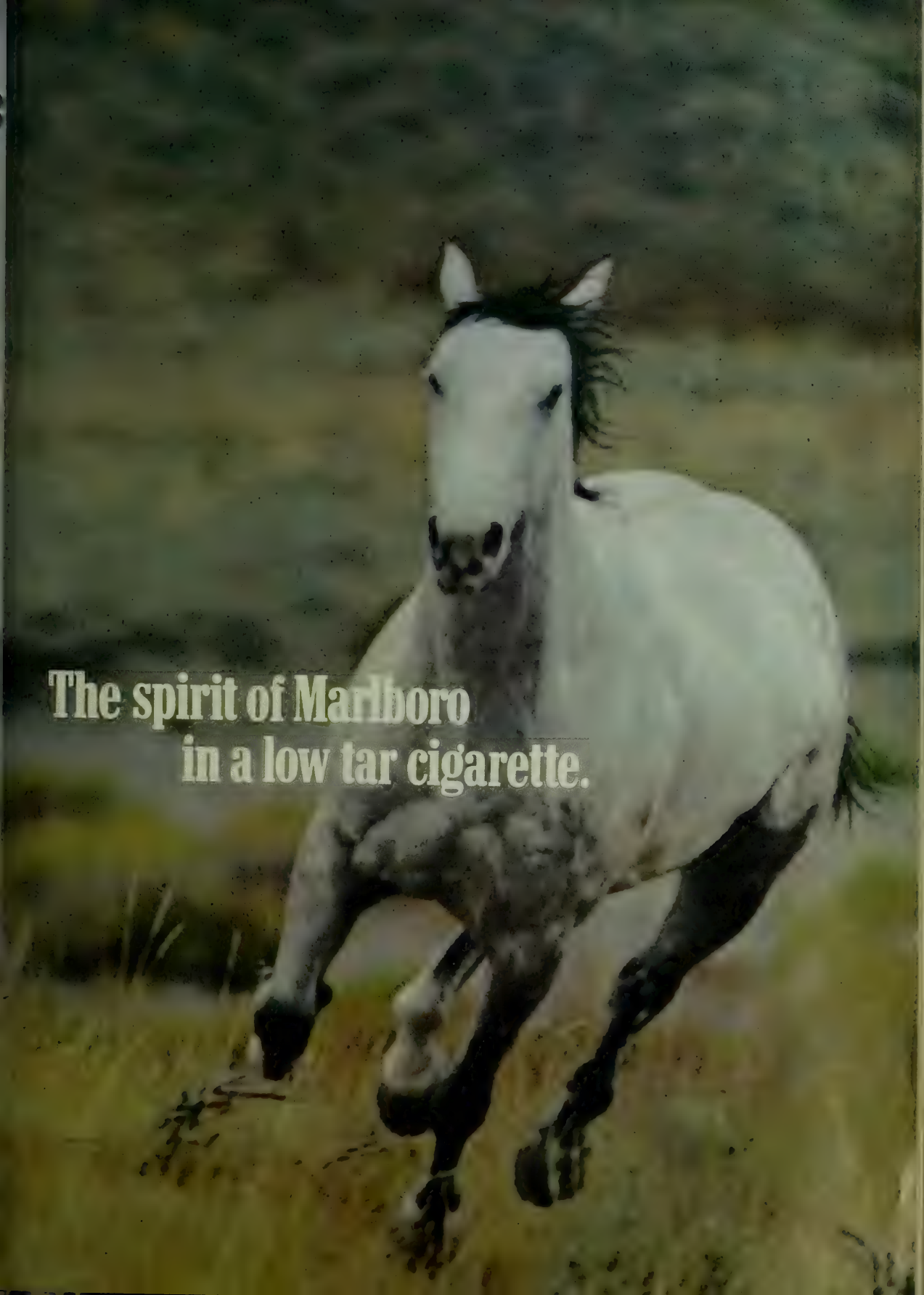
A bit of plain muslin, black thread, and fabric paint are all you need to make your own charming work of art. With our instructions, it's quick and easy.



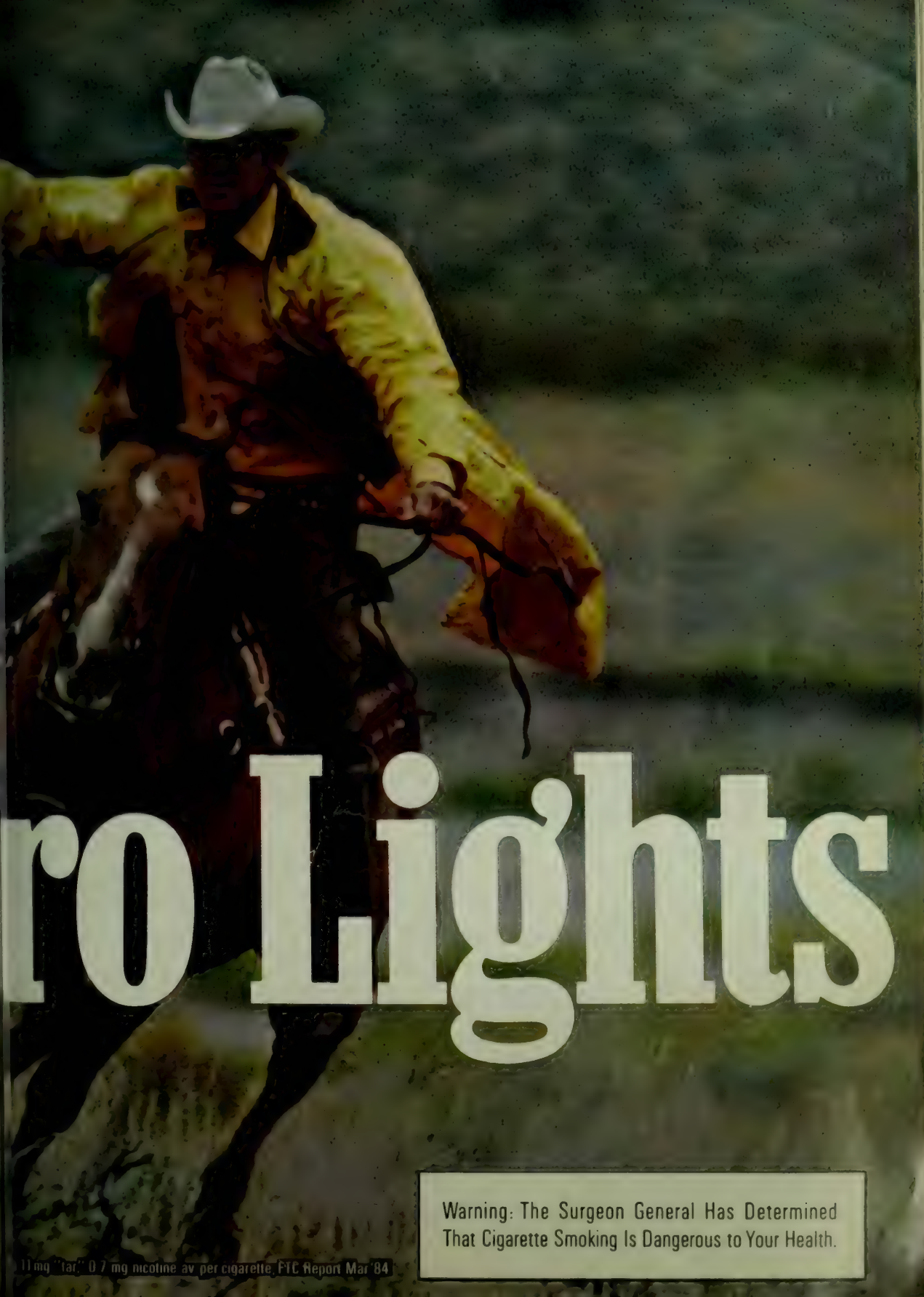
A STATE-OF-THE-ART KITCHEN

Superb planning, eye-catching design details, and the newest of the new high-tech appliances team up to make this innovative kitchen a benchmark of beauty and convenience.

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The spirit of Marlboro
in a low tar cigarette.


Marlboro
LIGHTS
Marlbo


ro Lights
Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.
11 mg "tar," 0.7 mg nicotine av per cigarette, FTC Report Mar '84



New Duncan Hines® Frosting. It's so smooth and creamy - we should have called it Icing.

Because now, it's made with pure, rich vegetable shortening to flow, to glide, to spread, to taste so deliciously Duncan Hines.



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Dan Kaercher

ADULT EDUCATION OPPORTUNITIES

Learn Something New!

No matter what you yearn to learn—be it break dancing, archaeology, Chinese, or beekeeping—it's probably being taught somewhere at this very moment.



Are you one of those people who loves to learn about anything and everything—not necessarily for credits or grades, but just for the sheer joy of it? Then sign up for an adult or community education class! It's a surefire remedy for cabin fever.

Courses about career development, business opportunities, foreign languages, and the history of other nations are current favorites among adult learners. But the selection doesn't end there: Arts and crafts, computers, dance, drama, fitness, family life, cooking, and scores of other subjects await as well.

Enrollment in innovative, informal learning experiences for adults is exploding. William Draves, national coordinator of the Learning Resources Network, explains the phenomenon this way: "A lot of people used to say: 'I've gotten my education.' But now they realize that an education simply cannot be possessed. Learning never ends, and knowledge, as a commodity, is constantly changing."

Informal networks

A shining example of the easygoing approach to adult education is the nonprofit Providence Learning Connection in Rhode Island. About 1,200 participants each term sign up for well over 100 courses: break dancing, beginning Chinese, parenting after a divorce, stenciling, archaeology, photography—everything from beekeeping to bartending.

The Providence classes are small and often meet in the instructors' living rooms. Cost to the student is just $9 to $33 per five-week term. Most instructors aren't formally certified. They're just folks who know a lot about the subject and want to share.

In another innovative program called the Learning Exchange in Chicago, would-be students and teachers barter their brainpower. After paying an initial registration fee of $25, participating families share instruction with the exchange acting as the broker. For example, someone might trade tutoring in grammar and composition for free piano lessons, or auto mechanics know-how for drawing instruction.

Shopping for a class

With an average fee of less than $25 per term, noncredit classes and workshops are the best education bargain in town. But be prepared for a relaxed approach to learning. Group discussions may replace lectures. A class might be held in someone's living room, and the instructor might act more as a moderator than a traditional teacher.

Adult ed classes are offered in some surprising places these days: churches, shopping malls, libraries, private homes, and community buildings, as well as in school facilities. The emphasis is on convenience. Classes meet in early mornings, evenings, and weekends to accommodate busy work and family schedules.

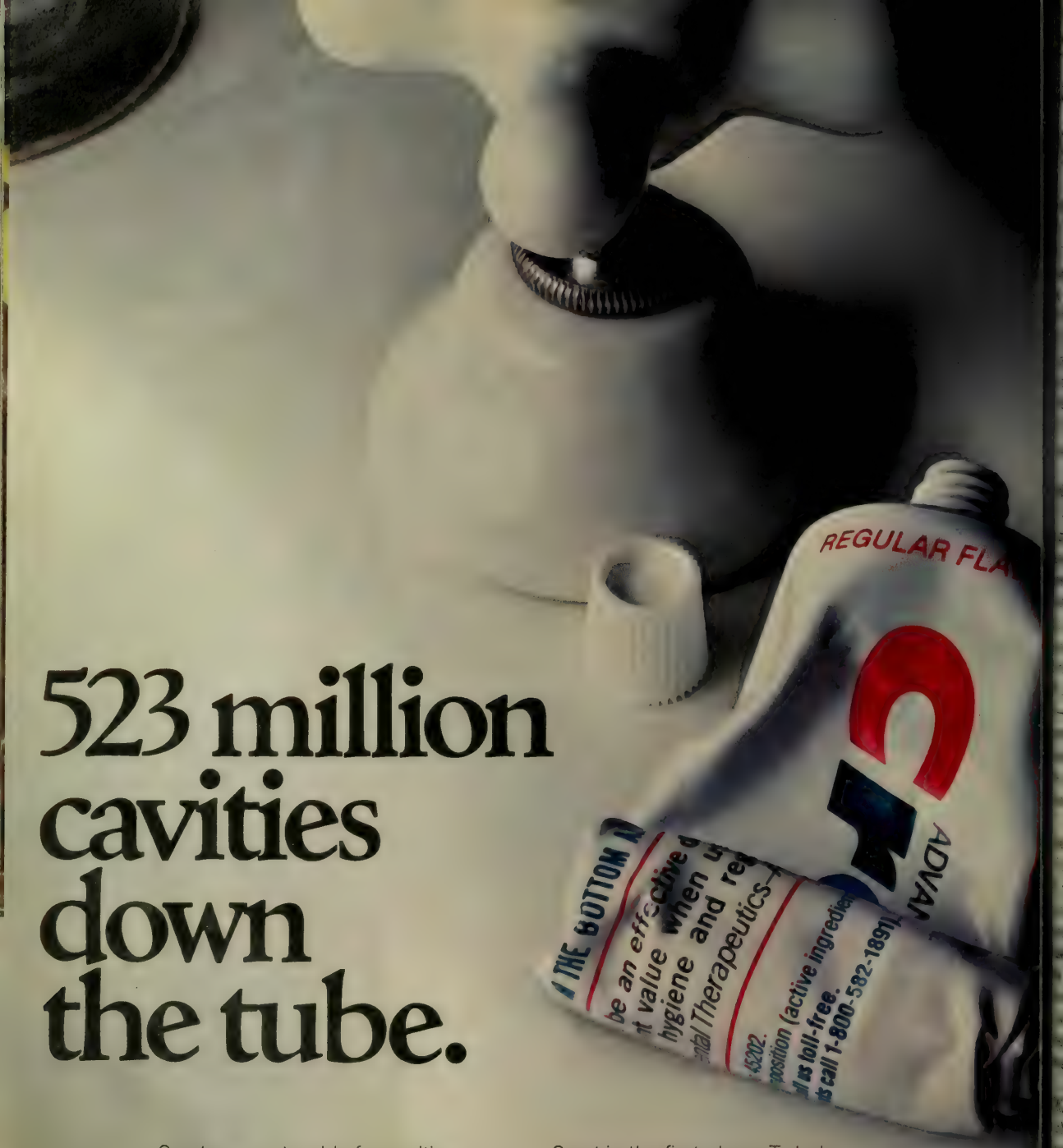
Where do you begin to shop for a class? Check out these sponsors:

Colleges and universities

In Kentfield, California, noncredit courses in con-

continued

Photograph: Scott Little



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"Crest has been shown to be a cavity-preventive dentifrice that can be used safely and effectively when used in conjunction with a proper program of oral hygiene and regular professional care." Council on Dental Therapeutics, American Dental Association

Learning opportunities

versational Italian are popular fare at he College of Marin. The college also offers courses in literature of Nobel prizewinners, landscaping, woodwork-ng, and acupressure. Almost all two- and four-year colleges and universities offer noncredit continuing education courses. To have your name added to he mailing list of a school near you, contact the the office of continuing edu-ation, program development, or com-nunity services.

Public school programs

If your community's adult education program offers only high school equiva-ency courses, it's way behind the imes. In the Adult Program of the Great Neck Public Schools on Long Is-and, New York, the first course to fill ecently was the history of China. In Fairfax County, Virginia, many of the 50 adult ed courses focus on home ife—cooking, home furnishings, and arenting. Consult your local high chools and city/county education of-ices about their adult education or ommunity education programs.

Parks and recreation departments

There are 4,300 city and county park nd recreation agencies in the U.S., nd nearly all of them offer noncredit earning activities for a minimal fee. lasses in dog obedience training, cre-tive journal writing, physical fitness, nd computers might last a few days or few months. Pick up the seasonal chedule from your town's parks and ecreation department.

YMCAs

In New Orleans, the Metairie Family ranch of the YMCA of Greater New rleans offers 16 classes each quarter n photography, skin care, tatting, ice kating, and guitar. YMCAs introduced ne concept of evening classes to the .S. and now most YMCAs and many WCAs offer adult classes for mem-ers and nonmembers alike.

Television

Over 2.5 million Americans have arned about auto maintenance and repairs in their own living rooms by tuning in the *Last Chance Garage* series produced by public television station WGBH in Boston. The station is the national leader in educational programming with *This Old House, The Victory Garden, The Great Outdoors,* and other series about cooking, photography, and sailing. To learn whether your public TV station picks up these or other educational programs, scan newspaper listings or call the public station in your area.

Museums

In Eureka, California, the Clarke Museum offers a workshop called "How to preserve your family legacy through photography." In New York City, the Hayden Planetarium offers classes for adults and families about astronomy, aviation, meteorology, science fiction, and navigation. Just about any subject related to arts and sciences is available in a museum course these days. Check with museums in your area about scheduled workshops and classes.

Free universities

In this instance, "free" means free to teach and free to learn without academic restrictions, although there usually is a minimal fee. At Open University in Washington, D.C., 40,000 students choose from among 300 classes offered each of six terms. Other major free universities are in Chicago, Denver, San Diego, and Seattle—there are 200 in all. The typical free university doesn't have a campus. Classes meet in homes, restaurants, hotels, and other locations. Write to the Learning Resources Network (LERN), 1221 Thurston, Suite 3100, Manhattan, KS 66502 to find out about the free university nearest you.

Other sponsors

Lots of businesses are offering bonus learning opportunities for their clients and customers in soft-sell promotional efforts. For example, The Chase Exchange in New York City holds a series of lectures on financial topics that are available to Chase Manhattan Bank customers. Retail shops and department stores offer mini-classes in everything from floor coverings to makeup. Hospitals focus on health-related subjects like stress management, weight loss, back care, and nutrition.

In Westchester County, New York, residents can call an Adult Education Hotline for information about classes throughout the county as a free service of the county library system. Check to see if your library provides any similar educational referral service. Libraries and bookstores are an excellent place to check for information about adult education classes generally.

How to choose

Today's laid-back approach to adult education is exciting. But because practically anyone can teach practically anything these days, make sure your time and money will be well spent. Ask the school or sponsor for biographical information about the instructor and about his or her familiarity with the subject. Many catalogs include short biographies of instructors.

What will you really know after you complete the course? Most sponsors require an instructor to submit learning objectives and course outlines. Ask to see them in advance if you have any questions.

Check the school's refund policy to protect yourself if you should decide that you don't like a course after you begin. Refund procedures vary widely. You might have all or none or part of your money returned if you drop the class.

Teachers wanted!

Many adult ed courses begin when someone sells an idea for a class to a sponsoring organization. Do you think you have something to offer others? Then consider the possibility of teaching a class rather than taking one. William Draves of the Learning Resources Network suggests that you need three things in order to be an effective teacher: a love for the subject, a desire to share that subject with others, and basic knowledge.

You needn't be an expert, but you should do some homework. Develop a course title, an outline of the class, learning objectives, and how you plan to achieve the objectives. Then contact program developers to see if they want to include your learning activity in their offerings.

—With Pam Mendelsohn

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Luvs® helps stop leaking better than any other shaped diaper. Hands down.

Just ask the baby on the left. She's wearing Luvs. So her clothes stay drier.

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Family Vacation Favorites

Letters From Our Readers

WARM WELCOME IN WASHINGTON, D.C.

The Laurias, Parkland, Florida

Planning a vacation for a family with children of different ages is a challenge. Since my husband and I wanted our vacation to be educational and fun for our children, we decided "Washington, D.C., here we come."

We stayed at the Quality Inn Downtown in a room with an efficiency kitchen. We had no set plans, but everywhere we looked were brochures about places to see—most free. We just parked our car and used public transportation. There was something for everyone.

Our 12-year-old went back to school with a fresh approach to history. When his teacher talks about the White House or *Declaration of Independence*, he knows they're real. He's seen them. There was much for our 6-year-old, too: the Air and Space Museum, the zoo, the Museum of Natural History, with its dinosaurs millions of years old.

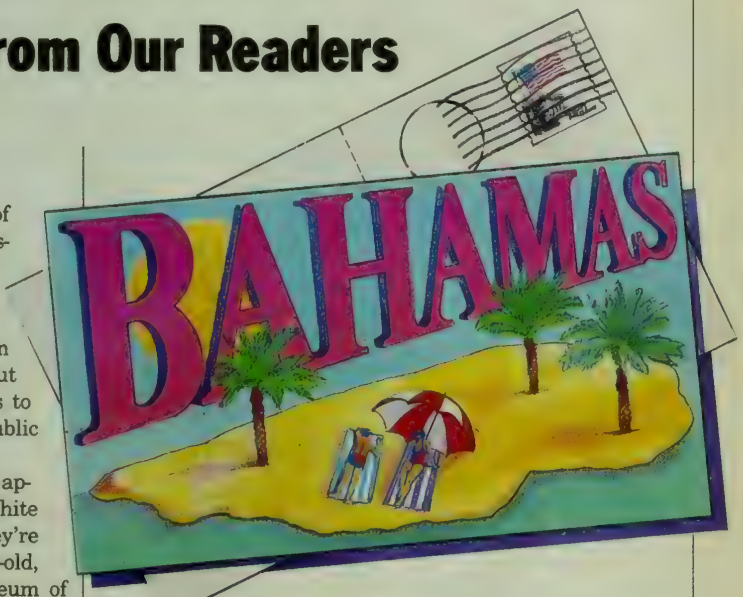
We really enjoyed the good time Washington, D.C., showed us and highly recommend it to all families.

Information: Washington, D.C., Convention and Visitors Assoc., 1575 Eye St., NW, Washington, DC 20005.

Photograph: Hanson Carroll



Has your family taken a special vacation lately? We'd like to hear about it in a letter addressed to Family Vacation Favorites, Features Dept., *Better Homes and Gardens*, 1716 Locust St., Des Moines, IA 50336. If your letter is published in our "Family Vacation Favorites" column, you receive $50. Letters become the property of *Better Homes and Gardens* and will not be returned. We reserve the right to shorten or edit all letters. Vacations must have been taken within the last three years.



REAQUAINTED IN THE BAHAMAS

Lois Langtry Smith, Ogdensburg, New York

One chilly December day, I realized that Drew, the younger of my two sons, had been too young to remember Easter trips that we had taken when his father and I were still married. In a couple of years, he would be going on his senior class trip and probably never would want to travel with Mom again.

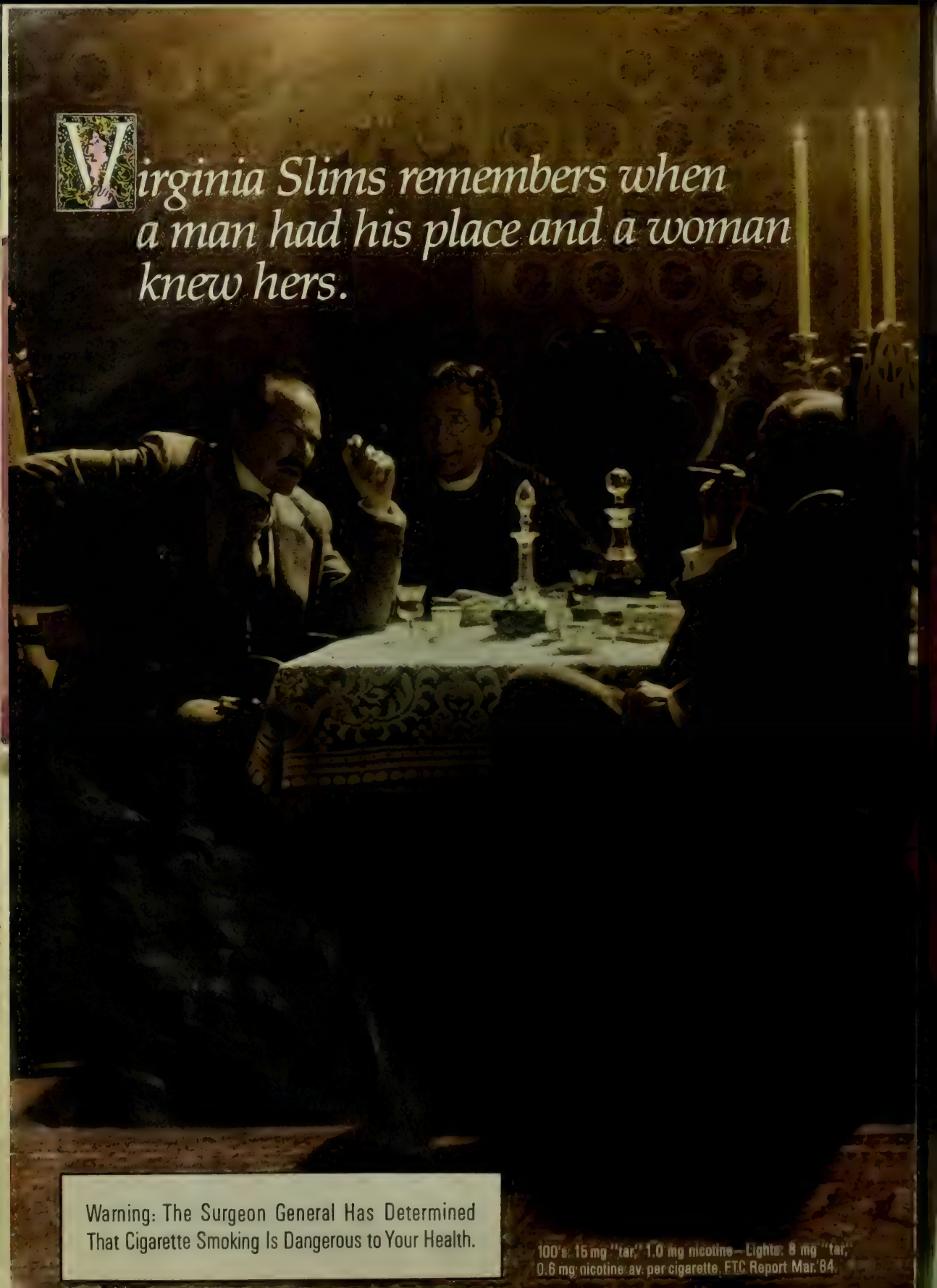
I immediately went to a travel agent, and it wasn't long before I booked an eight-day package to Freeport in the Bahamas. To my surprise, packages including air fare and hotel were quite reasonable. For Christmas, I gave Drew a couple of shirts and a note saying: "For Easter in the Bahamas." His excitement made the expenditure well worthwhile.

The three-hour flight was Drew's first commercial plane ride. As we approached the islands, seeing the beautiful green and blue waters and white beaches had his nose glued to the window. During our week, we sunned, snorkeled, listened to the island's steel bands, watched the gambling at the casino, and wandered through the International Bazaar deciding on gifts and souvenirs.

But mainly our week was spent talking and laughing. How did my basketball-playing, six-feet three-inch teenager develop such a dry sense of humor? When and where did he learn to be such a delightful traveling companion? He'd become charming, witty, and conversant somehow in the last few years. When he admonished me for the extra $5 I lost in the slot machines with, "Mom, we can't afford to do that every night," and when he offered to go to the market for necessities while I

continued on page 26.

Illustration: The Art Factory



Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

100's: 15 mg "tar," 1.0 mg nicotine – Lights: 8 mg "tar," 0.6 mg nicotine av. per cigarette, FTC Report Mar.'84.


VIRGINIA SLIMS
You've come
a long way, baby.
Fashions: Her-Dor
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continued from page 23

Family vacation favorites

read by the pool, I knew he was no longer a child.

That week made me savor the relationship I'd taken so for granted. Drew still says his Easter with Mom in the Bahamas was more fun than his senior class trip. I call that a real compliment!

Information: Bahamas Tourist Office, 10 Columbus Circle, Suite 1660, Box BTO, New York, NY 10019.

MYRTLE BEACH REVISITED

Bliss West Freeland
Helena, Arkansas

My father's idea of a hobby is reading road maps. I guess this is his Walter Mitty world. Daddy always has schemed up interesting trips. We've been everywhere from Chincoteague, Virginia, to Mesa Verde, Colorado, from Wyoming's Tetons to Cajun Country in Louisiana.

Back in the '70s, someone told Daddy about a beautiful state park for camping in South Carolina. So we rented a pop-out/fold-down camper that summer to pull 1,050 miles to a place we'd never seen! (We'd never even seen the inside of a camper until that year.)

Our destination was Myrtle Beach State Park, along about 50 miles of white sand on the stretch of South Carolina coast called the Grand Strand. The minute we pulled through the gates, we realized that there's a heaven on this earth, and we were there. The entrance is lined with moss-laden pines that go almost right up to the Atlantic's white beaches. It's a sight I will never forget. Those two weeks were among the happiest weeks of our lives. Even staying in that tiny camper was fun.

We went back several summers after that. I married in 1981, and my husband and I spent our vacation at Myrtle Beach last summer. We plan to return—hopefully, with my parents. When I think of what a true family vacation is, I think of camping at Myrtle Beach State Park.

Information: Cherie Had, South Carolina Division of Tourism, Suite 113, 1205 Pendleton St., Columbia, SC 29201.

INSIDE PASSAGE OUTING

Allen Waite
Salt Lake City, Utah

Last summer, the Waite family—Allen, Sherrie, Jennifer (aged 5), and Amy (aged 4)—took its most memorable vacation: a two-week trek from Salt Lake City, with stops in Spokane and Seattle, Washington, before boarding the Alaska Marine Highway ferry, *The Columbia,* to cruise the Inside Passage.

We boarded *The Columbia,* largest ferry in the Alaska Marine Highway system's fleet, at Seattle's Pier 48 and settled into our comfortable but not fancy stateroom. The ferry carries both passengers and vehicles, and connects Seattle to the southeast Alaska cities of Ketchikan, Wrangell, Petersburg, Juneau, Haines, Skagway, and Sitka.

When the ship stops in port (usually for a couple of hours), buses meet passengers and take them on tours. Or you can explore on your own. The most magnificent sight is Mendenhall Glacier, outside Juneau. Another highlight is traveling through Wrangel Narrow. Watching for whales and eagles from the observation deck is spectacular!

The Columbia is excellent for a family vacation. The atmosphere is relaxed, and the price is right. If you plan such an excursion, make reservations early (bookings begin in January).

Information: Alaska Dept. of Transportation, Division of Marine Highway Systems, Pouch R, Juneau, AK 99811.

FIRST FAMILY VACATION IN THE OZARKS

Stacey Crumpton
Jacksonville, Arkansas

As the mother of two young children (Greg, aged 4, and Joshua, 1), spur-of-the-moment outings aren't easy. So when my husband, Jim, suggested a trip to the Ozarks in less than a week, I almost panicked. I just knew our first family vacation would be a flop!

We spent our first night in Eureka Springs, Arkansas, a quaint Victorian town turned resort area that has everything from *The Great Passion Play* to a refurbished steam train. Josh loved the loud whistle! En route to Eureka Springs, we stopped at quilt, crafts, and antiques shops. As quilting is one of my hobbies, this was a delight for me.

Then on to Branson, Missouri. At a small resort, we rented a unit with a kitchen, so we could cook our meals.

In Branson, we visited the crafts warehouses and crafts mall. Then we headed for Silver Dollar City, an Ozark-themed amusement park with rides for Greg. Josh's favorite spot was the petting zoo. Jim had a ball in the candy shops, taking advantage of the free samples, while I browsed crafts booths for ideas and good buys.

We started home with mementos and special memories. Jim now handles all our vacations!

Information: Arkansas Dept. of Parks & Tourism, Division of Tourism, 1 Capitol Mall, Little Rock, AR 72201; Branson Lakes Area Chamber of Commerce, Box 220, Branson, MO 65616.

GLORIOUS CLUB MED GETAWAY

Peggy Racioppi
Longwood, Florida

Not really knowing where we wanted to vacation, on the advice of our travel agent my husband and I and our son, Jason (aged 10), decided to opt for the Club Med in Ixtapa, located on Mexico's Pacific coast.

One reason we picked this Club Med was its Mini Club (daily activities program for ages 4 to 12). Our son was a bit apprehensive at first. But after he discovered what the kids' program was all about, we didn't see much of him the rest of the week, except to sleep. Jason loved his instructor and made new friends. The activities for kids were wonderful: swimming, sailing, archery, computer school, and much more.

My husband and I enjoyed ourselves too—bike rides through the countryside, aerobics on the beach, computer classes, and relaxing by the pool. We also made new friends.

This week was a special vacation for our family. We all had the opportunity to participate in so many activities. My husband and I were completely at ease knowing Jason was well cared for and having a great time. We didn't see a newspaper, hear a phone, TV, or radio—and didn't miss any of them.

Information: Club Med, 40 W 57th St., New York, NY 10019 (800 528-3100 toll free).



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FURNISHINGS

When You Should Refinish, And When You Shouldn't



Refinishing a fading piece of furniture is sometimes not the easiest or the wisest course. That banged-up ladder-back chair you found at a garage sale might be an imitation that simply isn't worth the elbow grease it would take to revive it. Or, if the chair is a bona fide antique, removing the original finish might actually diminish its value.

Before taking the plunge, here are some questions you need to consider:

- **Do you really like it?** If a ladder-back chair is just what you've always wanted, then the return will probably balance your investment of time and money in refinishing. In the long run, a piece of poor quality or design is rarely worth saving.
- **Is it structurally sound?** Make sure the furniture is sturdy and intact. Broken slats or missing parts can complicate the project enough to make you wish you'd never started.
- **Can it be cleaned up or touched up?** A thorough cleaning and rewaxing sometimes work wonders on "found" furniture. Try any commercially prepared product that dissolves old wax and grease without disturbing the varnish; check the label for harmful solvents. For disguising minor flaws, wax sticks, pigmented liquids, and other touch-up products made especially for wood furniture are quite effective.
- **Is it valuable?** Almost half the value of an antique can be lost with removal of the original finish. This is especially true of country furniture, decorated with graining, sponging, or old paint. Check with your local historical society or museum before tampering with suspected antiques.
- **Is it strippable?** The old color can't always be stripped entirely from softwood furniture. So, make sure you know what kind of wood you're working with before you begin. If you're uncertain, consult a local carpenter or experienced woodworker.
- **Is it worth it?** The value of a do-it-yourself refinishing job isn't only economical. The satisfaction often outweighs the savings. But, if you prefer a professional, check out the different methods and get several estimates. Only you can decide from there how much a new look is really worth.

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Now you can, now you should . . .

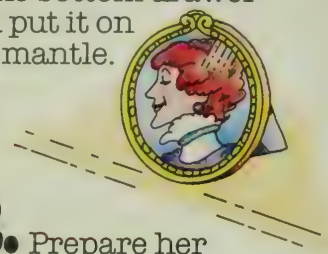
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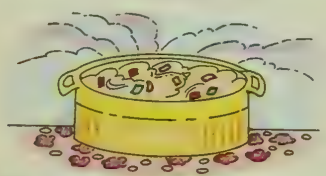
PC 1984

What to do when your rich Aunt Edna comes to visit.

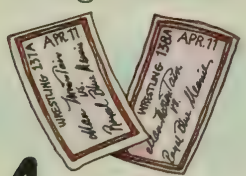
1. Take her picture out of the bottom drawer and put it on the mantle.



2. Prepare her favorite sauerkraut casserole.



3. Get tickets to the wrestling matches.



4. Change the Glade Spinfresh Air Freshener in the bathroom.



Glade Spin-fresh. The better bathroom air freshener.

Constant freshness... plus an extra burst of freshness when it spins.

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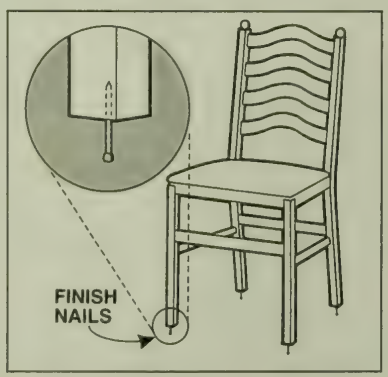
Tips, Tools & Techniques

This feature is written by you. It's a wide-ranging collection of installation tips and shop shortcuts that you—and millions like you—have picked up as do-it-yourselfers. We pay $25 for each problem-solver we publish. See the box below for submission details.

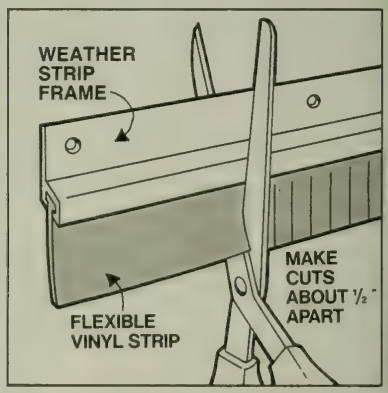
PROBLEM: **When finishing furniture, a small amount of paint or varnish always runs down the legs and forms a bond with the newspaper I've placed below it. This usually means a two-step job; remove dried paint and paper, then repaint leg ends.**

SOLUTION: Before you begin the final finish application, tack finish nails into the leg ends. Then you can paint the whole piece at one time and any running paint will not cause paper to stick to the furniture.

D. Lee, N.Y.



PROBLEM: **Weather stripping on the bottom of the door moves the door mat inside the house. Brush-type weather stripping doesn't work because the bristles are too stiff.**



SOLUTION: Make vertical cuts about ½-inch apart on the vinyl flap of single-layer weather stripping. The strip still keeps cold air out, but brushes easily over a rug.

F. Linker, N.Y.

Problem: **You have just hung a new door and it seems to be sticking—maybe in more than one spot.**

SOLUTION: For tough binding, remove the door and plane the edges. If you still have some binding after rehanging, close the door on a piece of carbon paper placed over the frame in an area where you suspect the door is sticking. The carbon side should be toward the door. If the door is touching at this point, it will leave a trace of carbon on the door. Sand out the trace and test again. Repeat until no trace is left. If the door continues to bind, test in another area, and repeat the procedure.

J. Hargrove, N.Y.

Do you have handy do-it-yourself suggestions and/or shortcuts you'd like to share? Mail them to Tips, Tools, and Techniques, *Better Homes and Gardens,* 1716 Locust Street, Des Moines, IA 50336. We will pay $25 for each idea accepted for publication and reserve the right to shorten or otherwise edit all copy. No materials will be acknowledged or returned to the sender, and if your tip is purchased, you give Meredith Corporation the right to use it in any manner and for as long as we wish. We do not accept previously published ideas.


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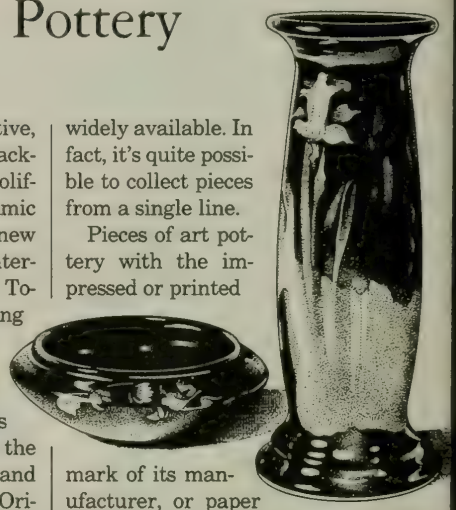
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Antiques & Collectibles

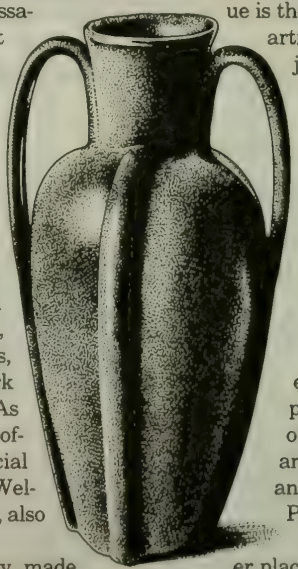
American Art Pottery



Designed to be purely decorative, American art pottery was a backlash development protesting the proliferation of shoddy, mass-made ceramic wares in the late 19th century. The new pottery represented a rebirth of interest in quality design and materials. Today, its artistic value and intriguing history again make it popular.

The heyday of art pottery production was from about 1880 to the early 1940s. Small studios turned out the early pieces, which the craftspeople often individually hand decorated and signed. French and Oriental influences marked much of this ware, inspired by ceramics displays at the Philadelphia Centennial of 1876.

Perhaps the best known of the first art potteries is the Rookwood firm in Cincinnati, Ohio. By the early 1900s, however, Rookwood and other potteries, such as Lonhuda of Steubenville, Ohio, and the Chelsea Keramic Art Works of Chelsea, Massachusetts, realized that their beautiful products were too expensive for many people to buy. To counter their financial problems, some firms began mass production of pottery lines with the same glazes and designs. Others, such as Artus Van Briggle, from Colorado Springs, Colorado, began work with pottery molds. As art pottery became profitable, large commercial potters, like Samuel Weller of Zanesville, Ohio, also entered the field.



Because art pottery made before 1900 is rare and usually costly, most collectors focus on pieces made from 1900 into the 1940s. During that period, large commercial art potteries, such as Weller, Roseville, Hull, and Fulper, produced hundreds of different designs or lines that remain widely available. In fact, it's quite possible to collect pieces from a single line.

Pieces of art pottery with the impressed or printed mark of its manufacturer, or paper labels identifying their marker, generally are higher priced than unlabeled pieces. Unmarked pottery, however, sometimes can be identified by referring to catalogs issued by the factories. Catalogs from Roseville, Weller, and Van Briggle potteries are being reprinted today.

Even more important to a piece's value is the mark and signature of the artist who decorated it. A majority of the signed examples can be traced to early potteries or to the beginning period of the large commercial factories.

Before purchasing any signed piece, however, be sure to check the authenticity of the name and initials of the artist in books on collecting art pottery.

Art pottery is relatively easy to find. Common examples from well-known firms often are available at many antiques shows, flea markets, and antiques shops.

Pieces may even show up at yard sales, bazaars, or other places where old or secondhand goods are sold. You also can contact antiques dealers who specialize in art pottery and art pottery auctions to help find individual pieces that will complete your collection.

—with William C. Ketchum, Jr.

Illustrations: Roger Leyonmark

Turn your cookie jar into a fruit bowl.



If the name of the cookie is Newtons, the heart of the cookie is real fruit.

it Chewy Newtons; only from Nabisco.
ıous Fig Newtons® and now new
le Newtons™ The deliciously moist cookies
'll feel good about keeping in your cookie jar because they're full of the goodness of real fruit. Kids know they taste good. You know they are good. So turn your cookie jar into a fruit bowl... fill it with Fruit Chewy Newtons.

NABISCO BRANDS INC
© 1984

Custom-edged countertop, sink, and table-top island of CORIAN in a dream kitchen that works.



Corian®. The beauty lasts l

CORIAN is easy to care for because it's solid.

Look at your conventional countertops. They're probably laminated or thin, coated surfaces. Now look at CORIAN. CORIAN is thick and solid, with beauty that goes clear through. The CORIAN difference means your kitchen and bath will stay looking new so much longer.

Stubborn stains—including cigarette burns—come out with cleanser. (Yes, it's safe to scrub.) Even nicks and cuts can be sanded out. And the beauty of CORIAN comes right back.

Let your imagination run free with CORIAN. Kitchen and bath counters, vanities, shower and enclosures, even one-piece sink and top combinations. CORIAN can be custom-designed and custedged to your most creative ideas.

CORIAN. At fine kitchen and bath dealers, remelers and builders. See your Yellow Pages.

CORIAN is made only by Du Pont. That's a pro of quality.

Corian® is a registered Du Pont trademark for its building products. Only Du Pont mak

One-piece vanity top and bowl, tub deck and bathroom walls of CORIAN make for carefree luxury.



use it's more than skin deep.



CORIAN

Solid luxury that lasts.

DUPONT

A message from those who don't to those who do.

We're uncomfortable.

To us, the smoke from your cigarettes can be anything from a minor nuisance to a real annoyance.

We're frustrated.

Even though we've chosen not to smoke, we're exposed to second-hand smoke anyway.

We feel a little powerless.

Because you can invade our privacy without even trying. Often without noticing.

And sometimes when we speak up and let you know how we feel, you react as though *we* were the bad guys.

We're not fanatics. We're not out to deprive you of something you enjoy. We don't want to be your enemies.

We just wish you'd be more considerate and responsible about how, when, and where you smoke.

We know you've got rights and feelings. We just want you to respect our rights and feelings, as well.

A message from those who do to those who don't.

We're on the spot.

Smoking is something we consider to be a very personal choice, yet it's become a very public issue.

We're confused.

Smoking is something that gives us enjoyment, but it gives you offense.

We feel singled out.

We're doing something perfectly legal, yet we're often segregated, discriminated against, even legislated against.

Total strangers feel free to abuse us verbally in public without warning.

We're not criminals. We don't mean to bother or offend you. And we don't like confrontations with you.

We're just doing something we enjoy, and trying to understand your concerns.

We know you've got rights and feelings. We just want you to respect our rights and feelings, as well.

Brought to you in the interest of common courtesy by

R.J. Reynolds Tobacco Company

© 1984 R. J. REYNOLDS TOBACCO

Kids are into lots of things these days; familiar things like stuffed toys and coloring books, and brand-new things like action figures and cassette tapes. Finding places to put it all without using up space for sleeping and dressing poses a real design challenge. Here are five super solutions.



SUPER SOLUTIONS FOR KIDS' ROOM CLUTTER

By William L. Nolan

Tuck It Into A Tiny Room

This trim and tidy boy's room measures a scant 6x7 feet, yet it contains more storage than many bedrooms twice its size. The 28-inch-wide bunk tops a wall-to-wall bank of drawers that vary in depth from 4½ to 12½ inches. One end of the bunk nestles into a niche formed by a second storage unit. An oak ladder and a porthole-style window underscore the room's cabin-cruiser compactness.

Photographs: Ernest Braun
Design: Babette Landau
Field editor: Helen Heitkamp

SUPER SOLUTIONS FOR KIDS' ROOM CLUTTER

Create A Mini-Loft

The sleeping loft in this girls' room was carved from unused attic space over the front entry. (Your kids' rooms may have similar space directly overhead.) Up in the loft are twin beds and a small chest of drawers. The stairway to the loft is a "chest," too; in the stair risers are deep drawers that hold games and puzzles.

Built-in desks at the foot of each bed provide the two girls with separate places to do their homework—or makeup. Floor-to-ceiling storage units in the corners include open shelving for books and keepsakes. One side of each unit is surfaced with cork to serve as a bulletin board for the adjoining desk.

Photographs: Fred Lyon. Design: Harold Stidolph. Field editor: Sharon Haven



SUPER
SOLUTIONS
FOR
KIDS' ROOM
CLUTTER

Stack It On Platforms

Stairstepped platforms in this remodeled boys' room harbor a wealth of storage space for toys, puzzles, and games, and provide a base for twin beds and a study desk along the back walls. A cozy loft above one of the beds offers extra sleeping space for overnight guests. Built-in shelves and three wells in the desk top put books, pencils, and pens within reach.

The cavity beneath the platform houses a roll-out storage bin. With the bin pulled out, the kids have a cave! Touch-latch hardware helps the door and drawer fronts blend smoothly with the sides of the platform.



Photographs: Kim Brun. Design: Beverly Feldman, Functional Interior Design
Field editor: Sharon Haven





SUPER SOLUTIONS FOR KIDS' ROOM CLUTTER

Capitalize On Wall Space

Wall-hugging built-ins pack extra storage into each end of this small bedroom. At one end (*top*), full-height shelving frames a swing-down train board.

The underside of the train board is a giant bulletin board (*above*). Train accessories store in the wide drawer directly underneath. Spring-loaded hasps hold the board in the up position, and hinged legs (not shown) support it in the down position.

At the other end (*right*) are a big desk and a bunk/storage unit with four deep drawers that hold games and sports equipment.

Buying information, page 110.

Photographs: Hopkins Associates. Architect: Harry Garner, Garner and Hicks Architects
Field editor: Pat Carpenter



DIET AND HEALTH

Get-Up-And-Go Breakfasts

Nutrition and healthful eating habits are becoming more important to *Better Homes and Gardens®* families. Because it isn't easy to find practical information you can trust, we'd like to offer some help. Beginning this month, we'll be using this feature, Diet and Health, to talk about your nutrition concerns.

We'll be here every issue to answer your questions, listen to your comments, and share your ideas and recipes. So voice your concerns about nutrition, as one reader did below, and be the initiator of the topic for next month's Diet and Health.



Dear Food Editor,

What can I serve my family for breakfast? Getting the four of us up and going to work and school every morning is hectic. Do you have any ideas?

Eve Mahr, Des Moines, Iowa

Dear Reader,

You are not alone. Eating a good breakfast is important—unfortunately it's not always easy or convenient. Your body needs energy after a long night's fast. Not only does eating breakfast help you stay alert, but it keeps your metabolic rate higher than if you skipped the morning meal. That's especially important if you're trying to lose weight, because the higher your metabolic rate, the faster you burn calories.

Whether you choose to eat cereal, a hamburger, or leftovers from the night before isn't really important, but what you eat for breakfast should complement the rest of your daily diet.

Here are some ideas to wake up taste buds at your house. The recipes are easy to make and packed with nutrients.

Mighty Muffins

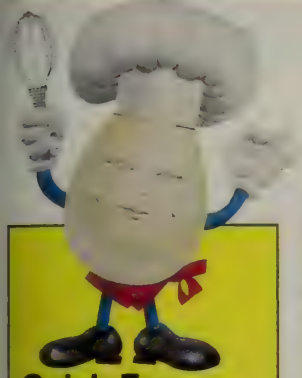
1½ cups whole bran cereal
1 cup skim milk
1 beaten egg
⅓ cup molasses
¼ cup butter *or* margarine, melted
½ cup all-purpose flour
½ cup whole wheat flour
2 tablespoons toasted wheat germ
2 teaspoons baking powder
½ teaspoon baking soda
½ cup raisins
½ cup chopped nuts

Combine bran and milk; let stand 3 minutes. Stir in egg, molasses, and butter; set aside. Combine flours, wheat germ, baking powder, and soda. Make well in center. Add bran mixture; stir till moistened. Fold in raisins and nuts. Grease muffin cups or line with paper bake cups; fill ⅔ full. Bake in 400° oven 20 to 25 minutes. Cool. Store, covered, in refrigerator. Makes 12.

Per muffin: 159 cal., 5 g pro., 21 g carbo., 8 g fat, 33 mg chol., 227 mg sodium. USRDA: 11% vit. A, 10% vit. C, 9% iron.

Photograph: Scott Little





Quick Egg

Does the thought of preparing breakfast make you want to go back to bed? Try this on-the-run egg. Eat it right from the cup and toss the container:

- Micro-cook an egg in a small paper coffee cup: Beat together an *egg* and 1 tablespoon *milk;* pour it into the cup. Add 1 tablespoon preshredded *cheese* and some *pepper.* Micro-cook on 100% power (HIGH) for 50 to 60 seconds; stir once.

Wake-Up Shake

A shake for breakfast or after a workout is a quick way to gulp down good nutrition—

- **¾ cup skim milk**
- **½ cup strawberry yogurt, chilled**
- **1 ripe medium banana, peeled, halved, wrapped, and frozen**
- **¼ cup orange juice, chilled**

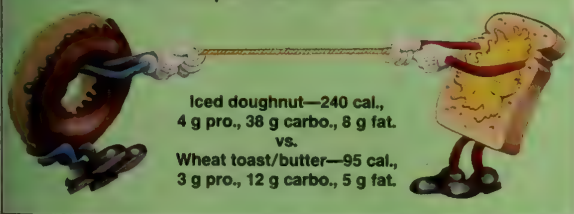
In a blender container combine milk, yogurt, banana, and orange juice. Cover and blend till smooth. Serve in tall glasses. Makes 2 (8-ounce) servings.

Per serving: 127 cal., 6 g pro., 24 g carbo., 1 g fat, 6 mg chol., 78 mg sodium, 37% USRDA of vit. C.

Photograph: Perry Struse



Do you skip breakfast and grab a doughnut at work? Compare that to a slice of toast:



Illustrations: Jim Buckels

Grain and Fruit Cereal

Create your own quick cereal mix with cornmeal, bulgur, dried fruits, almonds, and spice—

- **1 cup cornmeal**
- **⅔ cup bulgur**
- **1 6-ounce package chopped mixed dried fruits**
- **½ cup slivered almonds, toasted**
- **½ teaspoon ground cinnamon**

Stir together the cornmeal, bulgur, fruits, almonds, and cinnamon in an airtight storage container. Cover and store at room temperature. Makes 2½ cups.

To make one serving: In a small saucepan bring 1 cup *water* and a dash *salt* to boiling. Slowly stir in *⅓ cup* of the cereal mixture. Simmer the cereal mixture, uncovered, for 10 to 15 minutes or to desired consistency. Serve with the sugar and milk.

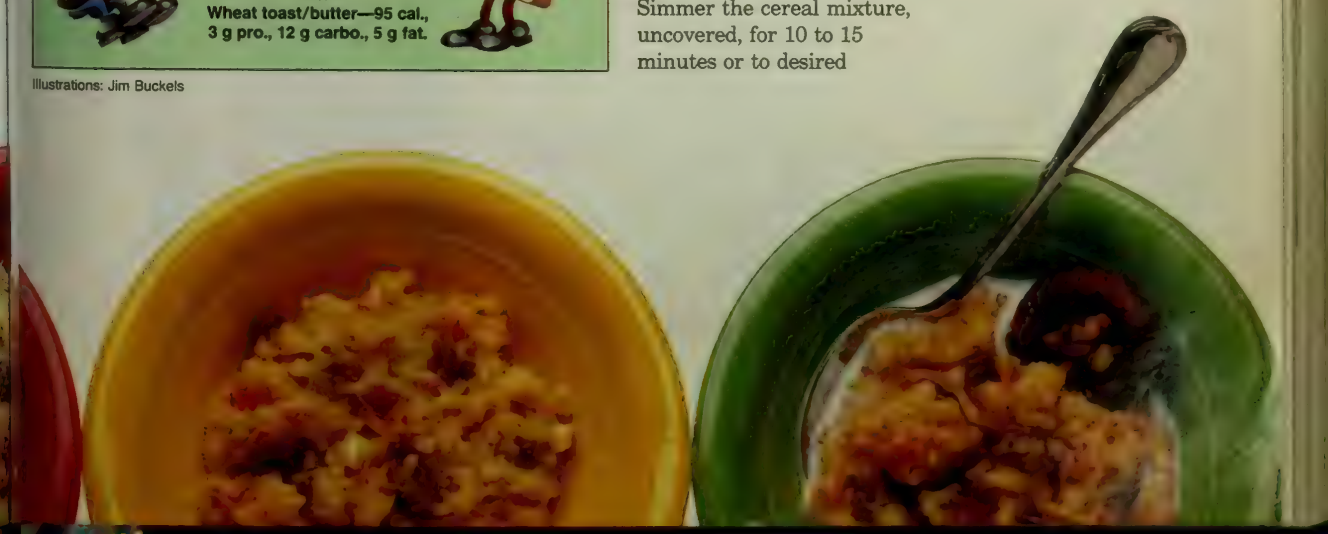
Note: For more than one serving, prepare the cereal as directed, *except* for 2 servings use *2 cups* water, *⅛ teaspoon* salt, and *⅔ cup* cereal mixture. For 4 servings use *4 cups* water, *¼ teaspoon* salt, and *1⅓ cups* cereal mix.

Per serving: 156 cal., 4 g pro., 27 g carbo., 4 g fat, 00 mg chol., 33 mg sodium, 10% USRDA of vit. A.

Photograph: Ron Crofoot

Send your nutrition questions, recipes, and/or tips to us at: Diet and Health, P.O. Box 7, Des Moines, IA 50336. We will pay $50 for each idea accepted for publication.

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SHAPE UP AT HOME!

Equipment, Exercises, Fitness Tips

By Dan Kaercher





Work your upper body with these weights to enhance muscular endurance. ***Heavyhands, about $20. AMF American, 200 American Ave., Jefferson, IA 50129. Heavyhands book is $8.95.***

Mirror, Mirror...

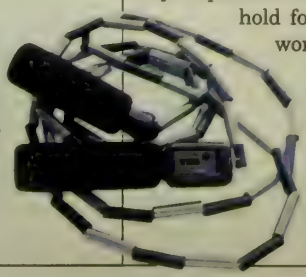
It's time for a fresh start! Join the millions of Americans who are shaping up at home—and loving it. Exercise does so many healthful things for you that it's hard to list all the benefits. But the best boost of all is taking charge of your own body for a change. And what more convenient place to shape up than at home?

How Often, How Hard?

- *Cardiovascular.* Minimum: Three days a week. Optimum: Five or six days a week. Elevate heart rate to 60 percent of maximum (220 minus your age) at first, 60–80 percent later. Start out at 15 to 30 minutes, then go 30 to 60 minutes.
- *Strength.* Minimum and optimum: Every other day. Do a specific exercise like lifting a heavy weight 3 to 10 times, then work up to three sets.
- *Muscular endurance.* Minimum: Three days. Optimum: five or six. Lift a light weight 10 to 25 times, then increase to three sets.
- *Flexibility.* Minimum: Three days. Optimum: Daily. Stretch and hold for 10–15 seconds; work up to three repetitions.



Kids and boxers have known it for a long time—now the rest of us are discovering that jumping rope is a great way to help stay in shape. This adjustable rope even has a digital counter built into the handle to help you tally revolutions and calories expended. ***Lifeline jump rope with digital counter, $11.95. Lifeline, 1421 S. Park St., Madison, WI 53715.***





Training Togs

For home exercisers, style comes in second to comfort. Buy clothes that are loose fitting and washable. Stay away from those rubberized or plastic suits that can cause overheating. Thick, absorbent socks—two pairs if you'll be on your feet a lot—will help prevent blisters.

The Great Shoe Mystery Solved

Select the right shoe for your exercise. A shoe that's fine for aerobic dancing may not work for running, and vice versa. Shoes for aerobic dance routines should be as lightweight and flexible as possible. A running shoe should hold your foot rigidly for a toe-heel motion. Any shoe you buy should have a firm sole, a flexible top, and a well-cushioned insole with a solid arch support. Another hint: Shop late in the day when your feet are bigger (really).



Get a handle on your tennis or golf game with this pliable yet firm hand grip. The Gripper 2 comes in two sizes. ***Gripper 2 hand grip, about $2. Triangle Mfg. Corp., P.O. Box 30785, Raleigh, NC 27622.***



You can take your pulse without any gadgets, but this monitor gives you an instant reading. The meter clips to your earlobe for an accurate count. Mount it on most any type of stationary aerobic exercise equipment. ***Amerec 130 Pulse Meter, about $125. Amerec Corp., P.O. Box 3825, Bellevue, WA 98009.***

Boredom, not exhaustion, is the bane of most indoor bikers. This reading rack adapts to most exercise bikes. ***Read n' Ride Universal Reading Rack Model 29003, $24.99 from Sears.***

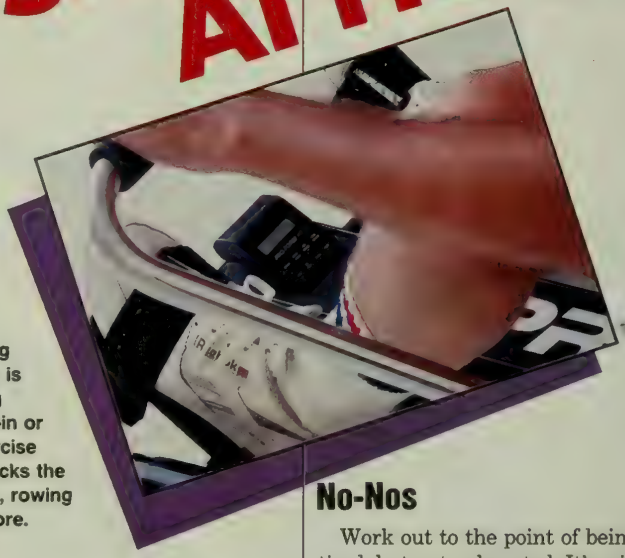


Exercise bikes are a mainstay in home gyms. This one has a single concealed flywheel, making it safer and more attractive. Push buttons let you adjust the saddle and handlebar. For easy storage, the unit folds down to suitcase size. ***High-Tech Trimbike, about $199.95. High-Tech Fitness, 617 N. LaCienega, Los Angeles, CA 90069.***

SHAPE UP AT HOME!



Wear these weights on the ankles or on the wrists to firm muscles and improve muscular endurance. The core is solid lead with a thick layer of soft vinyl foam. Weights range from 2.2 lbs. to 4.4 lbs. per pair. ***Band 2 weights, about $8.50. Triangle Mfg. Corp., P.O. Box 30785, Raleigh, NC 27622.***



The "electronic coxswain" on the rowing machine pictured below is one of many monitoring devices that come built-in or can be attached to exercise equipment. This one tracks the duration of the workout, rowing speed, distance, and more.



Finding Time For Fitness

How do you fit exercise into a busy schedule? It's not easy, but having a home gym does make it more convenient. Take into account your own biological clock. Some people prefer the morning, others the evening (remember, though, that it's easy to say you're too tired after a hard day's work).

Exercising late at night may keep you awake. If you're home during the day, you may find a midday exercise break to your liking. Once you settle on a time, stick with it until your fitness break becomes a natural part of your daily routine.

Rowing devices have never been more popular. This unit has a roller grip and a stabilizing bar to keep things steady at the helm. ***Pro Form 935 rowing machine, about $389. Pro Form, 8170 SW. Nimbus, Beaverton, OR 97005.***



No-Nos

Work out to the point of being tired, but not exhausted. It's wise physically and psychologically to take at least one day a week off from exercise. Don't get compulsive. You should feel the tension during stretching exercises, but you shouldn't be in pain. Never bounce while you stretch—hold the stretch for a few seconds instead. Completely avoid these exercises, which cause more problems than they solve: straight-leg sit-ups, back-arching exercises, double leg-lifts (using both legs at the same time), and deep kneebends.



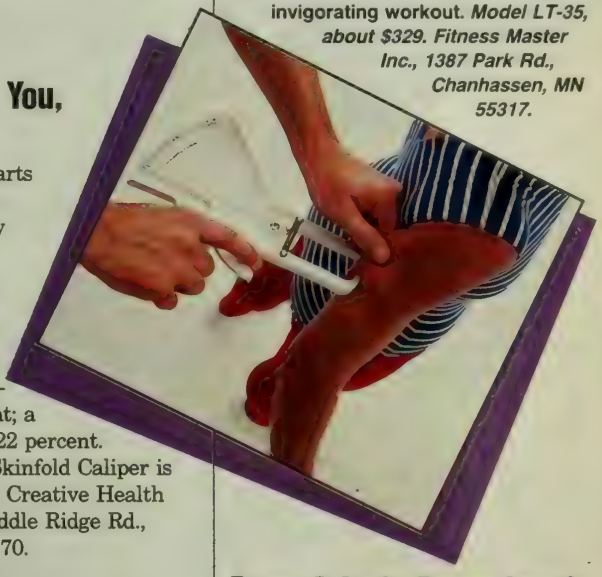
You can perform more than 70 different exercises with this one-stop gym. Your weight on the glide board becomes the work load. *Total Gym Pro Plus Model 42020, about $499, West Bend, 400 Washington, West Bend, WI 53095.*



These iron barbells come rubber coated to reduce noise and wear. *Ivanko Barbells, about $120. Ivanko, P.O. Box 1470, San Pedro, CA 90733.*



Go cross-country skiing indoors for an invigorating workout. *Model LT-35, about $329. Fitness Master Inc., 1387 Park Rd., Chanhassen, MN 55317.*



How Fat Are You, Really?

Height/weight charts don't compute the percentage of body fat that a caliper can measure. The range varies, but an average male of 25 should be about 16–20 percent body fat; a female, about 18–22 percent. This Slim Guide Skinfold Caliper is about $19.95 from Creative Health Products, 5148 Saddle Ridge Rd., Plymouth, MI 48170.



A sturdy bench is a smart buy—especially this model that offers an extension to let you work on legs, too. *Lifestyler 700, about $250, AMF American, Jefferson, IA 50129.*

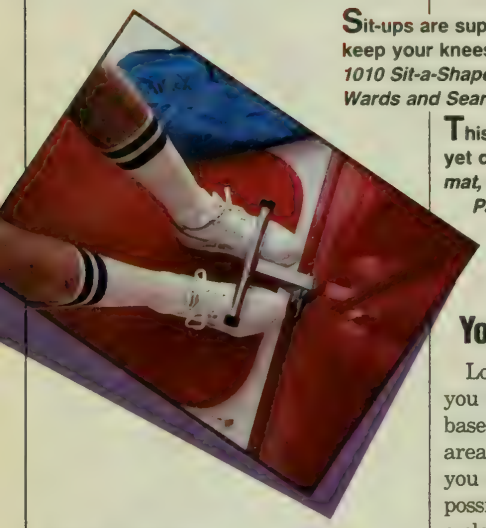
Does A Lady Pump Iron?

And why shouldn't she? Thousands of women are muscling into this once all-male fitness domain. Even pregnant women and grandmothers are discovering the benefits of weight training. Studies indicate that mothers-to-be who weight train have fewer cesarean sections, a better psychological outlook, fewer physical complaints, and healthier babies. Older women who weight train have less trouble with osteoporosis (brittle bones). For anyone, weight training, done properly, increases endurance and strengthens bones and muscles.

SHAPE UP AT HOME!



Clock-watchers will want an electronic timer/stopwatch like this. ***$25.50. West Bend, 400 Washington, West Bend, WI 53095.***



Sit-ups are super, but remember to keep your knees flexed. ***Scandia No. 1010 Sit-a-Shape sit-up bar. Available at Wards and Sears stores.***

This mat is soft and warm to the touch, yet durable. ***Airex Coronella exercise mat, about $49. Torin, Inc., 9 Industrial Park, Waldwick, NJ 07463.***

Your Home Gym

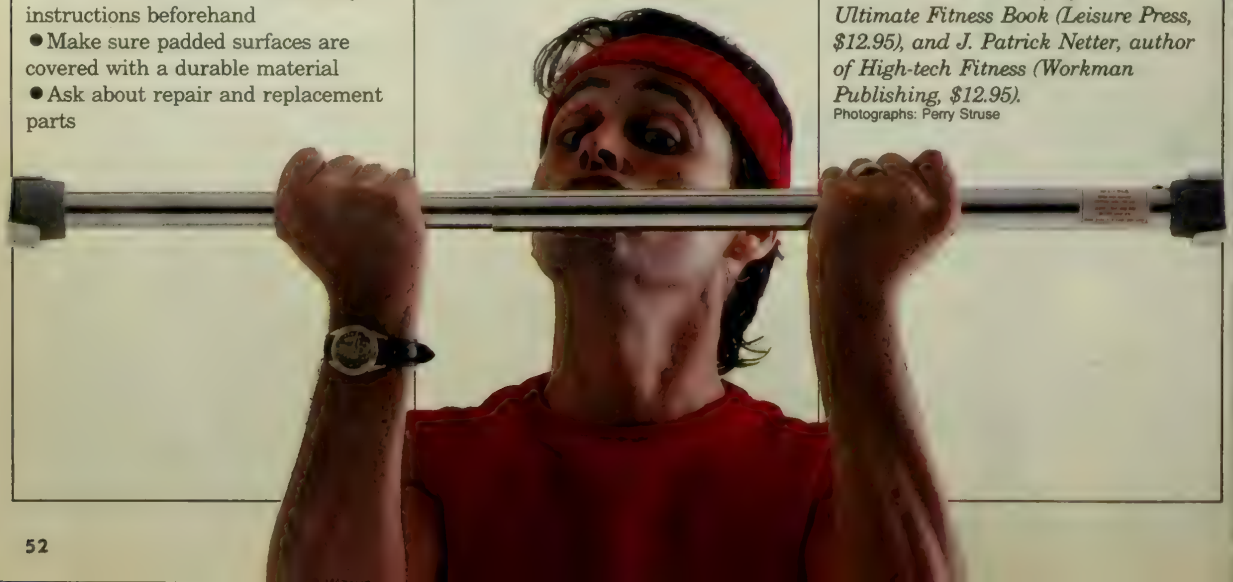
Locate your home gym anywhere you have space—family room, basement, or bedroom. Choose an area with good ventilation and where you can leave equipment out if possible. Having to drag things out of a closet is a good excuse for not exercising. (P.S. Make sure anything you buy will fit through the doorway.)

Shop Smart

No matter how good the equipment, it won't do you any good if you don't use it. Before you buy, try. Ask yourself if the activity would be boring after a long period of time. Too much exercise equipment winds up in the attic after a few weeks of determined use. Also keep these guidelines in mind:

- Request a demonstration
- Ask about warranties
- Check out complicated assembly instructions beforehand
- Make sure padded surfaces are covered with a durable material
- Ask about repair and replacement parts

Chins up! Good old chin-ups are excellent exercise for people of all ages—all you need is a firmly anchored bar and a doorway. You may have to bend your legs to keep your feet off the floor, but that's okay. ***AMF/Whitely chinning bar, $11.99. Available at Sears stores.***



Travel light with this ingenious 2-lb. portable gym. The basic components are a lifting bar, foot and hand stirrups, and a cable. ***Lifeline Gym, $39.95. Lifeline, 1421 S. Park St., Madison, WI 53715.***



The clothing and shoes pictured in this article are available at The Athlete's Foot stores.

Fitness Doesn't Have To Be Expensive

You can get by without spending a bundle on expensive gear. Many of the items shown in this article are moderately priced yet quite effective. If your budget is limited, buy used equipment at low cost (watch the want ads and garage sales). Today's selection of gear makes exercise more fun than ever.

—With Dr. Charles Corbin, coauthor with Dr. Ruth Lindsey of The Ultimate Fitness Book (Leisure Press, $12.95), and J. Patrick Netter, author of High-tech Fitness (Workman Publishing, $12.95).

Photographs: Perry Struse

Will the real lowest come forward.

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3 mg



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Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

SOFT PACK 100s FILTER, MENTHOL: 3 mg. "tar", 0.3 mg. nicotine av. per cigarette by FTC method.

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Steven Coulter and Nancy Hall

Good News

Check your favorite stores for these innovative products, or write to the manufacturer for a list of retail sources. Please don't send a check, or request an order form. The prices we list are only suggested retail prices.

LIGHTER CHARGER

Charge a dead battery without lifting a car hood and without the worry of connecting the wrong wires. The Posi-Charge™ battery charger operates from cigarette lighter to cigarette lighter to charge your battery safely and more efficiently. The ends of the charger are color coded to help you connect the cable in the right direction.

A condition-changing light meter in the center of the cable lets you see at a glance when the dead battery is charged.



Charging may take slightly longer with the Posi-Charge—up to 20 minutes. But you'll have a strong, dependable charge, with no danger of damaging either battery.

Charger stores in its own pouch to fit handily in a glove compartment.

Posi-Charge, about $15. Cable Electric Products, Inc., Dept. BH, P.O. Box 6767, Providence, RI 02940.

8-MM VIDEO SYSTEM

Shoot and record your video tapes all in one lightweight machine with the Kodavision series 2000. Kodak's 8-mm video system features the camcorder, cradle, remote control, and optional timer/tuner.

Packed into the 2200 or 2400 camcorder's 5-pound case are features such as a fast f/1.2, 6:1 power zoom lens, a ⅓-inch Newvicon tube, fast forward and fast reverse, an electronic view-

Du Pont TEFLON® soil & stain mattress protector on some models. Copyright © 1984 Simmons U.S.A.

CAN YOU FIND THE BEAUTYREST® IN THIS PICTURE?



finder that's actually a miniature black-and-white television screen, and a review feature that lets you replay the last four seconds of your recording.

The camcorder fits into the cradle to play back recorded tapes on your television screen. The camera's motor drives the tape while the camcorder battery is being recharged.

The tuner/timer has 105-channel capability and 12 preset channel positions for taping television shows over a two-week period.

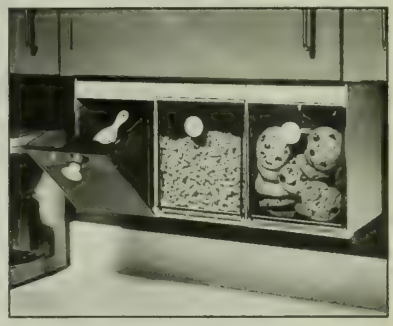
Kodavision series 2000 video system: camcorder 2400, $1,900; cradle, $239; tuner/timer, $300. Eastman Kodak Company, Dept. BH, 343 State Street, Rochester, NY 14650.



UP-UNDER CONVENIENCE

The latest entry to the field of under-the-cabinet convenience appliances is Toastmaster's Under-Cabinet Toaster-Oven-Broiler. The six-slice model shown has 25 percent more capacity than a conventional toaster-oven and separate bake, broil, toast, and warming controls. A continuous-cleaning porcelain-enamel interior, removable door, and chrome bake/broil tray and removable rack make cleaning easy.

Under-Cabinet Toaster-Oven-Broiler model 365, about $102. Toastmaster Inc., Dept. BH, 1801 N. Stadium Blvd., Columbia, MO 65202.



HANG-UP CANISTERS

Mount Le Bin heavy-duty plastic canisters under cabinets. Removable bins fit snugly into outer housing.

The Designer Le Bin, about $25 each. GM Products, Dept BH, 1610 La Pradera Dr., Campbell, CA 95008.

continued

nly one of these premium mat-esses is totally different on the side. The Beautyrest mattress by Simmons® Only Beautyrest features hundreds of these exclusive independently wrapped coils. They move separately so they're able to conform to every curve and contour of your body to make firm feel comfortable all through the night. To help you feel your best all through the day.





Beautyrest® by Simmons

The Beautyrest difference. You can see it. And oh, can your back feel it. Because there's just no rest like a Beautyrest by Simmons.

HOW ABOUT NOW?

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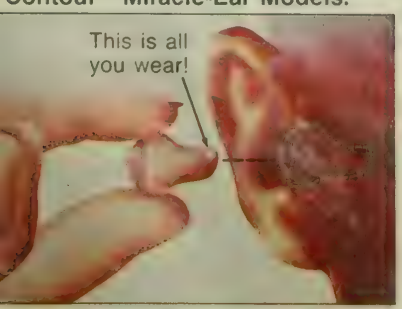


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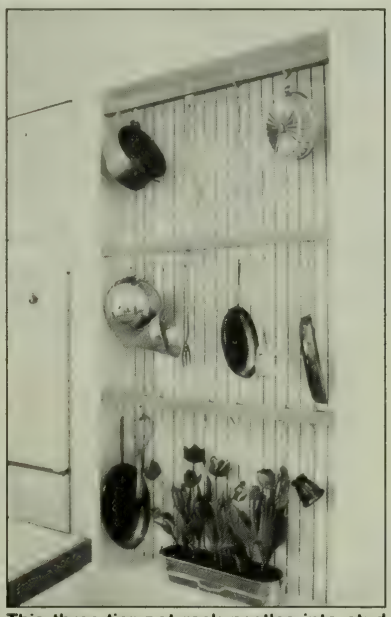
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REMODELING

In-the-Wall Pot Rack



This three-tier pot rack nestles into stud space opposite the cooking center.

Your kitchen walls can be places to hang things *in* as well as *on*. Those extra slices of space sandwiched between the studs could be taking a load off your cupboards and putting items you use often within easy reach.

One of the simplest solutions is to convert part of your stud space into a pot rack niche like the one shown here. Most walls are five inches thick, so items like skillets, lids, and spatulas fit neatly inside the niche, and large pots hang out only partway.

To add a stud-space niche in your kitchen, cut an opening into an interior wall and line it with paneling, ceramic tile, or drywall. (Avoid cutting into the wall close to plumbing or electrical runs.) If your niche spans more than one stud cavity in a load-bearing wall, be sure to replace the studs with a 2x8 or 2x10 header. Our example is finished with drywall and ceramic tile, and fitted with three ready-made pot rack strips.

Photograph: Fred Lyon
Architect: Dan Phipps, Phipps and Tritt
Field editor: Barbara Cathcart



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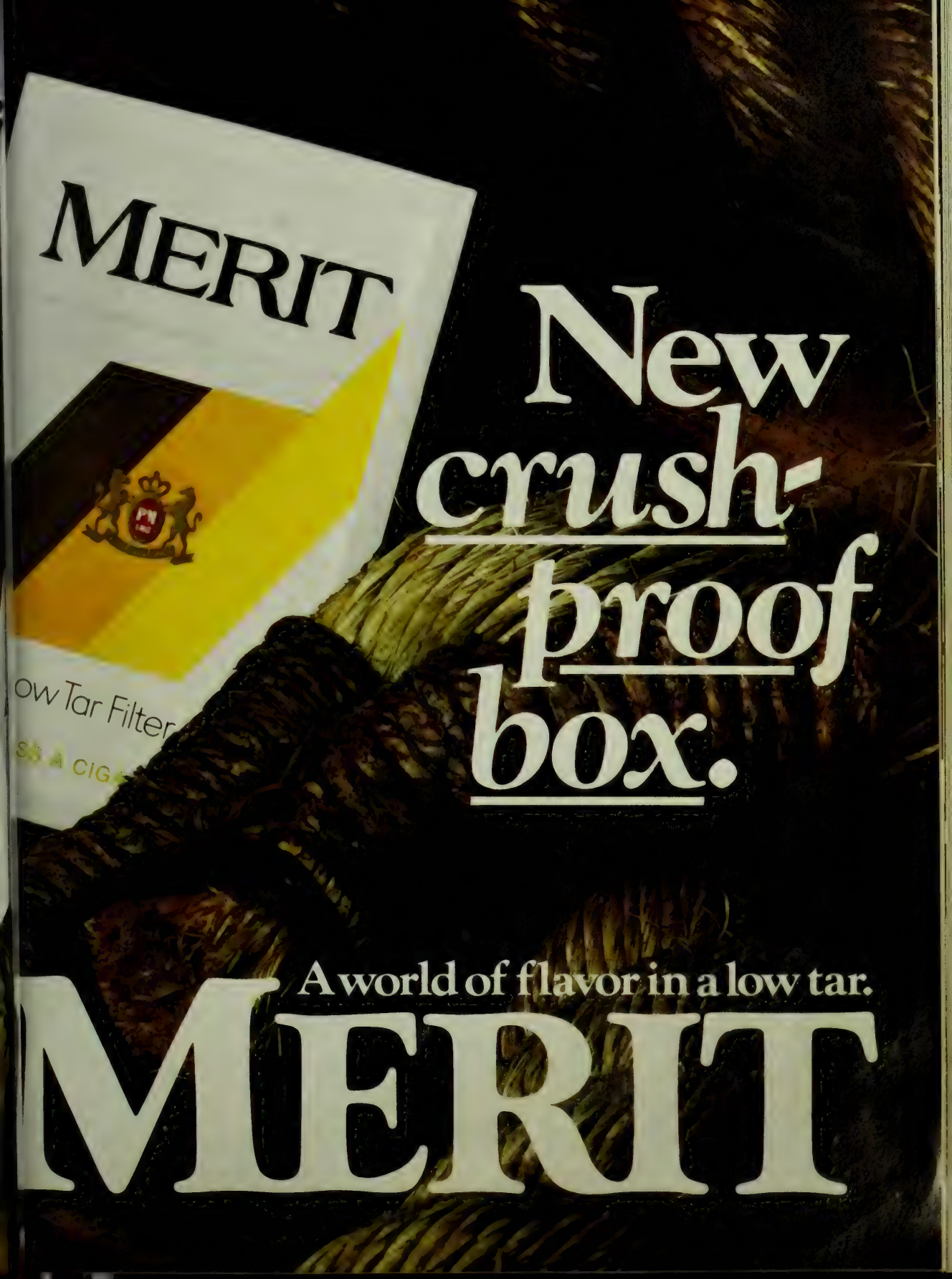
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Design In Review:

Babyspace *by Ellen Liman; published by The Putnam Publishing Group, $16.95, 150 pages*

Preparing for a baby involves lots of adjustments. This book helps with at least one of those changes—physically making room for your new arrival.

The book, divided into practical sections on finding, furnishing, and fixing up space for the baby, offers decorating tips and helpful drawings.

Look for flexible furnishings

One of the guiding principles is flexibility. (This is a quality you will need in more than your decorating!) When buying furnishings, the author suggests that you look for versatile items that will answer more than infant needs. Among the suggestions are shelves that adjust as your child grows, a crib that becomes a youth bed, and a wall-hung changing table that lowers in later years for use as a child's desk.

Flexibility can mean recycling, too, instead of buying only new items designed for infants. A dry sink, for example, can serve as a changing table.

The book also includes suggestions on dividing a room to accommodate siblings. Tall bookcases (bolted to the floor for safety) or ceiling-hung shades or screens will afford young children plenty of privacy in a shared bedroom.

Storing baby gear

Along with that tiny baby comes mountains of equipment. *Babyspace* includes a number of innovative ideas for organizing a myriad of toys and other items. Liman suggests using wall space by hanging shelves, metal grids, storage cubes, or even bicycle baskets. Or, stow stuffed animals or clothing in transparent shoe bags hung on a door or crib. Use trays or shoe boxes on shelves to organize small playthings.

Stackable plastic or wood cubes are ideal because of their flexibility. Attach casters so storage cubes can easily slide under a crib or table. Later on, flip the cubes over for a toddler's table or cushion them for a kid-size seat.



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Give Your Living Space A Grand New Look

You can build architectural excitement into most any house, even a run-of-the-mill ranch or crackerbox. Liven up bland boxy rooms and a staid, stuffy decorating scheme by starting fresh: rework the floor plan, bring in more light, and add some distinctive design details.

New roominess for a remodeled tract house

Old-world styling and handsome proportions give this remodeled living/dining area a scale and elegance that you'd expect to find in a European manor house, not a modest-size suburban bungalow. Originally, this impressive space was chopped into two ordinary-size rooms and an unfinished attic. The owners tore out one wall and the flat ceiling in both rooms and installed a series of timber trusses. Then they dramatized the extra height with an elegant arched window and a round clerestory window in the gable. The arched unit, which replaces a boxy, single-pane picture window, matches the arched casement window on the adjoining wall.

Make it work for you

Use a few bold strokes like these to transform the interior of your house:

- Combine your living room, dining room, and entry into one large space.
- Raise the ceilings to make the walls proportionate to the new space. (Even a few inches above the standard eight feet produces a surprising sense of spaciousness.)
- Add some dramatic architectural details—an elegantly carved cornice, a soaring fireplace chimney, a grandly scaled window treatment.



▲ **Space from two ordinary-size rooms, an entry, and the attic forms this remodeled living/dining area. Timber trusses replace the ceiling joists.**



▶ **An oak railing replaces the wall between the living and dining rooms. Oak mullions and sections of beveled mirror accent the back wall.**

Photographs: Jordan Miller. Architect: Boris Marks, AIA. Field editor: Pauline Graves

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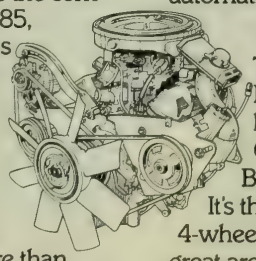
REAL

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Beauty in the rough.

Ford's trim-size Bronco II outfits its rugged style with special Eddie Bauer luxury. It's a real kick, starting with power no other small V-6 4-wheeler can top!

Bauer meets power—and you'll love the combination. For '85, Bronco II gives you high-powered 2.8L V-6 and 5-speed overdrive, both standard. But you have more than power going for you when you go off-road. Bronco II is built tough with husky frame and Twin-Traction-Beam suspension. And Ford's proven 4-wheel drive system lets you choose manual or optional automatic locking hubs.



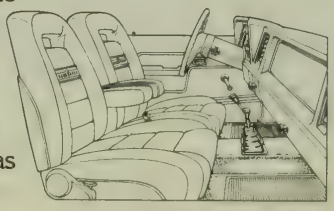
Easy to handle.

The maneuverable Bronco II turns in less space than Chevy's S-10 Blazer or Jeep CJ-7. It's the perfect size for 4-wheeling. And it's just as great around town. It zips through traffic, slips into tight parking spots others pass up.

Security of 4WD.

You'll find Bronco II a true foul-weather friend. If snow storms in, just shift to 4WD and relax. And when all is fair, you can "open up" with an optional sun roof.

Inside there's uncrowded comfort for four. Rear seat is split and folds down separately to take people or cargo. Load-space totals 64 cu. ft.*—a heap of gear or groceries!



Eddie Bauer Bronco II.

Luxurious Eddie Bauer edition (shown) has unique high-styled interior and exterior trim. Plus Eddie Bauer gear bag, travel blanket and visor organizer. And "Ford Care" extended maintenance and limited warranty program.

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"My Bronco II & Me."

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Bronco II



Step-by-Step Charlotte Russe



Since the 1800s when a French chef first created this dessert, its fame has spread worldwide. Today you can easily make and enjoy this ladyfinger and cream specialty at home.

To help you successfully assemble your own russe, follow our detailed instructions and step-by-step photos. Beyond its great looks and taste, this rich dessert is ideal for making ahead of time for a festive occasion.

ALMOND CHARLOTTE RUSSE

12 ladyfingers, split
¾ cup sugar
2 envelopes unflavored gelatin
2 teaspoons grated orange peel
2 cups milk
4 slightly beaten egg yolks
1 8-ounce carton dairy sour cream
2 teaspoons vanilla
¼ teaspoon almond extract
1 cup finely chopped almonds, toasted
4 egg whites
1 cup whipping cream
1 recipe Orange Sauce

Step 1: Line the bottom and sides of a 2½-quart soufflé dish with clear plastic wrap. Set aside *six* of the ladyfinger halves. Arrange the remaining halves around sides of dish. Place the reserved 6 halves, spoke fashion, in the bottom, trimming as necessary to fit.

Step 2: In a saucepan combine sugar, gelatin, peel, and ¼ teaspoon *salt*. Stir in milk and yolks. Cook and stir over medium heat till mixture coats a metal spoon. Remove from heat; stir into sour cream. Stir in vanilla and almond extract. Chill till the mixture mounds slightly when spooned.

Step 3: Stir almonds into gelatin mixture. Beat egg whites till stiff peaks form (tips stand straight); fold into gelatin mixture.

Step 4: Beat cream till soft peaks form (tips curl); fold into gelatin mixture. Spoon into the prepared soufflé dish. Chill several hours or overnight till firm. Prepare sauce; chill.

Step 5: To serve, unmold; remove plastic wrap. Arrange reserved oranges atop. Spoon sauce over. Serves 12.

Orange Sauce: Drain one 11-ounce can *mandarin orange sections*; reserve *½ cup* liquid. Wrap orange sections; chill. Combine reserved liquid, ⅓ cup *orange juice*, 2 teaspoons *cornstarch*, and 1 teaspoon grated *orange peel*. Cook and stir till bubbly. Cook 2 minutes more. Remove from heat. Stir in 2 teaspoons *orange liqueur*, if desired. Cover; chill without stirring.

Photographs: Scott Little

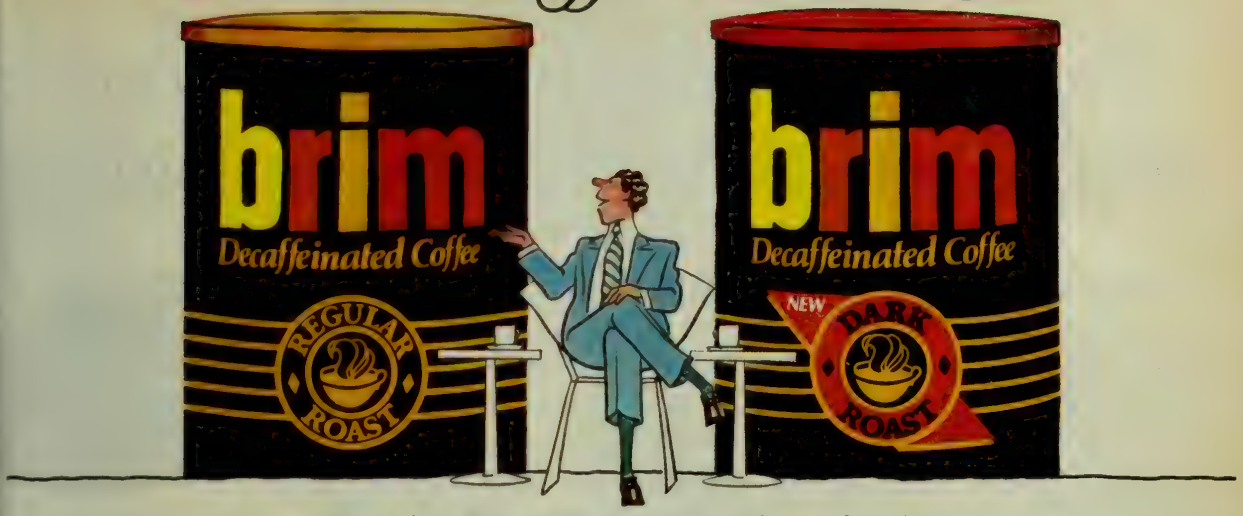








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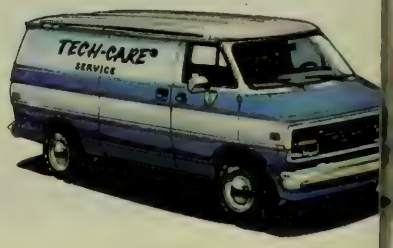
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SECOND-HAND CHIC

HOW TO DECORATE WITH ALMOST ANYTHING

Adding one-of-a-kind personality to your home is fun and easy on the budget when you use the unexpected. Secondhand finds and "found objects" will save you money and make your decorating especially lively and creative. The upbeat home of Juline Beier is filled with ideas to help you find and arrange your own secondhand treasures.



By Denise L. Caringer and Robert E. Dittmer

"The value of what you have isn't really important; it's what you do with it that counts."



Innovative, budget-saving decorating ideas helped Juline Beier turn a run-down house into an inviting home. "Friends called this place a dilapidated disaster," she says. "It was in awful shape on the surface, but structurally it was sound. Most important, I could afford it!"

SECOND-HAND CHIC





Using garage-sale finds

The sitting room (*opposite*) sums up her style beautifully. A $25 garage-sale sofa, adorned with a quilt Juline stitched herself, backs up to a new, unfinished-furniture armoire. More than an eye-riveting focal point, the armoire helps offset the home's meager closet space.

Low-cost accents give the rooms a finished look. The wall at left is warmed with a wooden chest (a $75 secondhand piece), a wall hanging (bought in Mexico), and baskets (from an import store).

"Furnishing" with light

Pools of light can fill empty spaces with a welcome glow; here, the terra-cotta cylinder behind the ficus tree in the sitting room (*opposite*) is actually a flue pipe wired by Juline.

Such budget-savers allow her to splurge on a few special purchases, like the torso sculpture.

Linking an unlikely mix

A mix of unusual accents gives the living room (*top left*) its special look. Juline made the collage above the sofa, teaming it with small touches—an African shield that she purchased, a sword from a friend, a chrome lamp from an outlet sale, woven rugs bought in Mexico, a poster she framed herself, and a low-cost butterfly chair—that lend real decorative impact. A shared mood—primitive, earthy, tactile—links the apparently unrelated items.

Storing in style

A simple storage unit made of hollow-core doors (*left*) houses stereo albums and equipment under the living room windows.

Photographs: Fred Lyon
Field editor: Barbara Cathcart



SECOND-HAND CHIC

"Discarding often makes the difference between a really good room and a bad one . . . You have to know what to throw away."



Softening a window

An artful trio of rocks adorns a window ledge (*above*). The window panel is of fuzzy twine woven between tiny nails.

Being selective

"It's important not to use everything you own at once," says Juline. This pared-down approach works well in the bedroom (*right*), where a few, select money-savers create a warm haven. Juline built the bed platform herself, using 2x10s for the frame and a sheet of plywood to support a full-size mattress. The poufy bedcovering is a duvet—a cuddly down comforter encased in a cover Juline stitched together from two sheets.

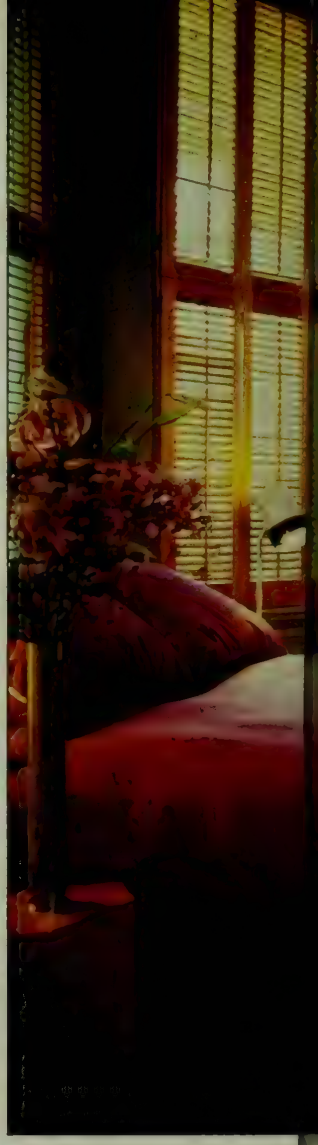
Paint upgrades the look of low-cost pieces and unifies a disparate mix. Black paint dresses up a hardware-store mirror (meant to hang on a door) and the campaign chest holding a TV.

The mantel is a study in restraint, too, accented simply with black pottery pieces and a framed print.



Updating a kitchen

Any kitchen works better—and gains newfound charm—when you accessorize it cleverly. Here, open shelf units hold baskets to hide recipe clippings and utensils, and a clamp-on lamp for flexible lighting. In the background, a menu becomes "art," cookware hangs below the window, and a lath panel softens a dull view.



Getting organized

Old houses often are delightfully long on charm and disastrously short on closet space. Juline solved the problem beautifully. Screw-in hooks turn the bedroom door into hanging space (*right*); clothing folds inside stacking plastic units (from an office-supply store). Unfinished items—a bookcase and chest—and a wicker hamper stow more gear. Artful accessories include horizontal strips of lath for graphic pattern and three dimestore mirrors for sparkle.



SECOND-HAND CHIC

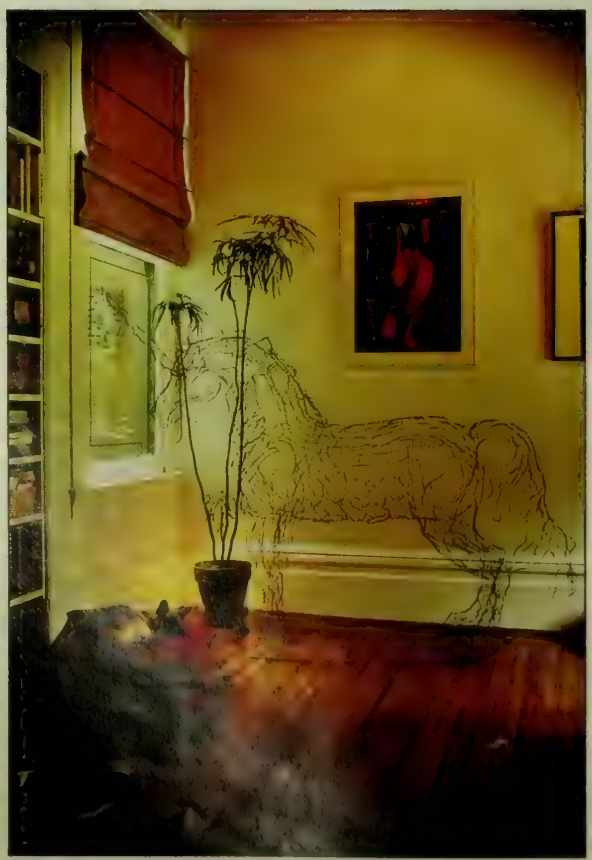
Juline's advice for decorating with almost anything: "Select only what interests you and has decorative possibilities. And be sure to stop before an arrangement gets overcrowded!"



Using the unexpected

An eye for form helps Juline turn castoffs into "art." On the windowsill (*above*), a rock becomes "sculpture" when placed atop weathered wood. Above is a shapely rock and another unlikely work of art—a rusty, flattened can on a chunk of wood.





Developing a discerning eye

Juline's restraint is evident in the dining room (*left*), where "breathing space" lets visitors appreciate each carefully selected item.

The room's decorative punch comes from two secondhand finds—an old, legless coffee table and a chunky redwood plank, each testimony to Juline's discerning eye.

Painted glossy red, the slatted tabletop becomes a strong, sculptural element. Beneath it, the cast-off slab of redwood serves as an appropriate display surface for treasured pottery.

A handwoven runner and canvas window shades carry out the natural, earthy theme.

Saving for special splurges

Collecting artwork "as I can afford it" is part of Juline's decorating strategy. "By saving in other ways, I can splurge on things that are really important to me," she says.

She acquired the airy horse sculpture (*left*) through a local fund-raising auction, then used it to turn an empty corner into an eye-catching asset.

Enlivening a dull corner

When composed this beautifully, two humble chairs and a handful of unpredictable accents make a strong statement (*right*). A lone terra-cotta vase is displayed on a cube. On the wall, from left to right, is a form used by a stonecutter, a piece of brushy driftwood, and the filler from a hollow-core door.

To open up the corner, a low-cost floor lamp sheds an important glow.





Learn A New Craft
Beautiful Lace Made Easy

By Ann Levine

Brussels lace, a luxurious needle art, offers beautiful results at a fraction of the cost of purchased lace. This technique is easy to learn using our step-by-step instructions and lace tape that's readily available at crafts shops. You can make pretty pieces like these with stitchery skills you probably already have.

Pair this delicate round doily (*above*) with a set of matching coasters for a lovely way to dress up your table.

See page 112 for instructions. To order kits, please turn to page 108. Buying information, page 110.

Designs: Courtesy of Joan Toggitt, Ltd. Photographs: Hopkins Associates
Produced with Suzanne Karwoski

Lace, whether old or new, has a special quality when it's handmade. To learn the art of lace making, follow our instructions for making the doily (*opposite*).



1

Gently pull the gathering thread along one edge of the lace tape to curve the tape.



2

Baste the lace tape to a paper pattern that's marked with the outline of the finished design.



3

Work simple needle-weaving stitches like the Russian stitch to fill open areas of the design.



4

Weave the needle in and out of threaded "spokes" for a spiral effect. This is called the wheel stitch.



5

Use the buttonhole stitch and white pearl cotton thread to attach the linen insert to the lace edging.



6

Trim excess linen with sharp embroidery scissors to follow outline of lace.



STEP-BY-STEP

A MULTIPURPOSE MEDIA CENTER

By C. Michael Stowers

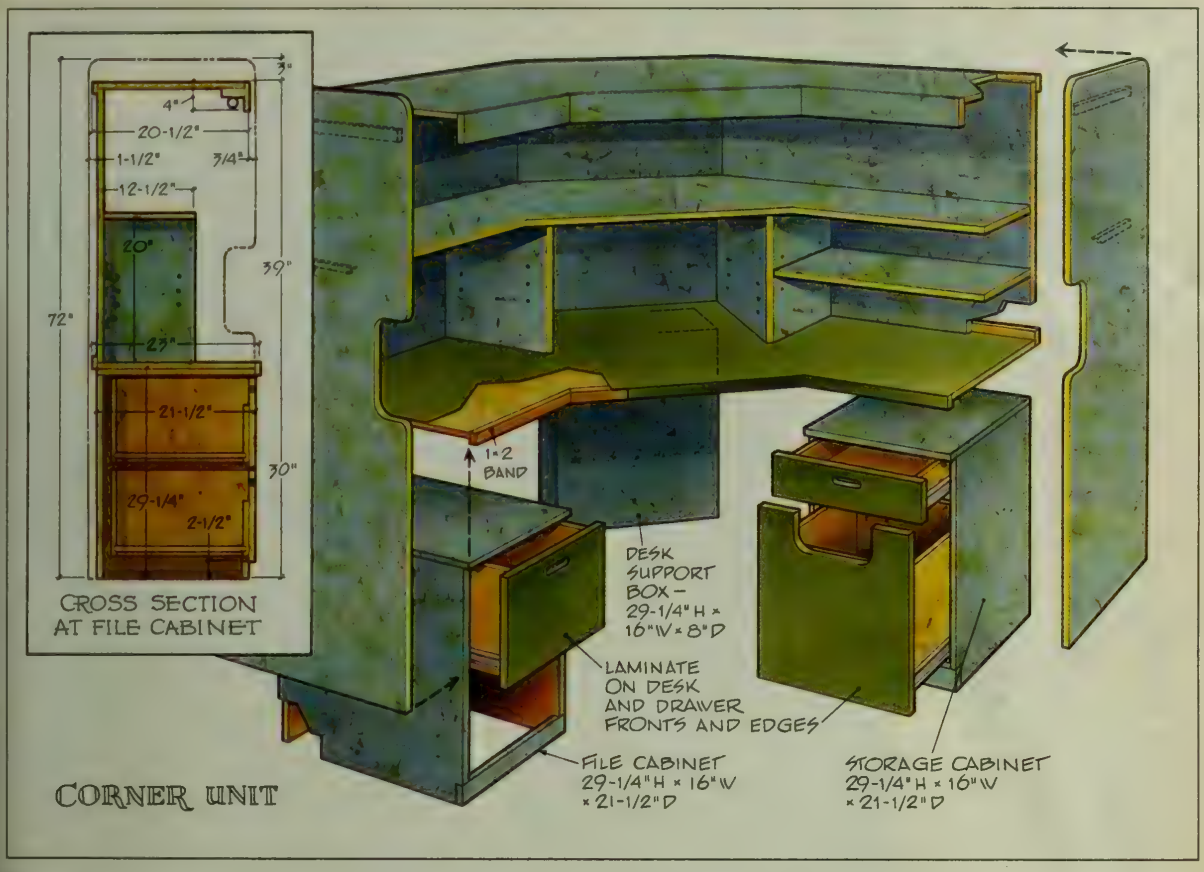


Electronic component systems may be overrunning your home, but take control! Round them all up in this attractive group of modular units you make yourself. The corner unit houses most personal computer systems and has plenty of space for reference materials. Two flanking units provide adaptable spaces for the TV, stereo components, and tapes and albums. Cables run behind the units.

The main construction is ¾-inch waferboard. Drawers are ½-inch. (See materials list, *opposite.*) Laminate covers the desk and drawer faces, plastic T-molding covers the edges.

1. Cut all parts to size, and shape sides—including the access cutouts (see section drawing, *left unit, page 77*). Cut all T-molding grooves, but don't attach molding yet. Bevel the backpiece edges that form the 135-degree joint.





2. Assemble desk, its front band, and back cleat with No. 10, 1½-inch screws and glue; add laminate to the top and the band. Assemble top, its valance, and back cleat.

3. Cut the side cleats that support the shelf and top and attach with screws and glue. These units are knockdown, so this is the last step requiring glue.

4. Assemble storage and file cabinets and their drawers. Add laminate to drawer faces and make desk-support box.

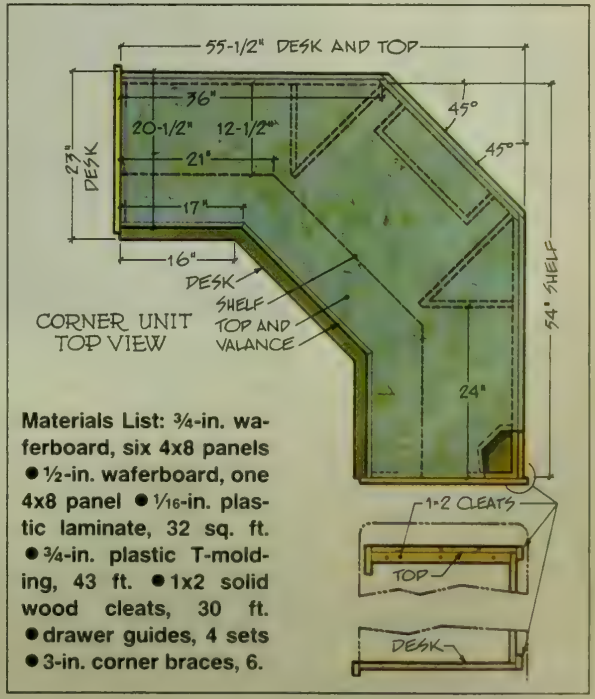
5. Place desk on cabinets and desk-support box. Align sides and screw to cabinets.

6. Position the backpieces. Screw through the desk cleat, sides, and the 135-degree joint. Reinforce this joint on the back with angle braces bent to fit.

7. Assemble and install the angular shelf supports. Then install the shelf and the top. Screw through the backs, sides, and top cleat.

8. Bore holes for adjustable shelves and install cabinet drawers.

9. Test fit your equipment and bore holes for cables.



Materials List: ¾-in. waferboard, six 4x8 panels ● ½-in. waferboard, one 4x8 panel ● 1/16-in. plastic laminate, 32 sq. ft. ● ¾-in. plastic T-molding, 43 ft. ● 1x2 solid wood cleats, 30 ft. ● drawer guides, 4 sets ● 3-in. corner braces, 6.

STEP -BY- STEP



These flanking units are much easier to build than the corner unit, and they provide all the space you need for other media equipment. Construction steps are similar to the corner unit.

10. To build the left unit (*opposite, top left*), cut the main cabinet parts. Attach the band to the shelf at desk height and add the laminate. Shape the sides and cut the groove for the T-molding.

11. Attach cleats to sides and back; attach support to bottom that forms the toe space.

12. Make the drawers and add laminate to faces; paint or stain all the assembled parts; add T-molding.

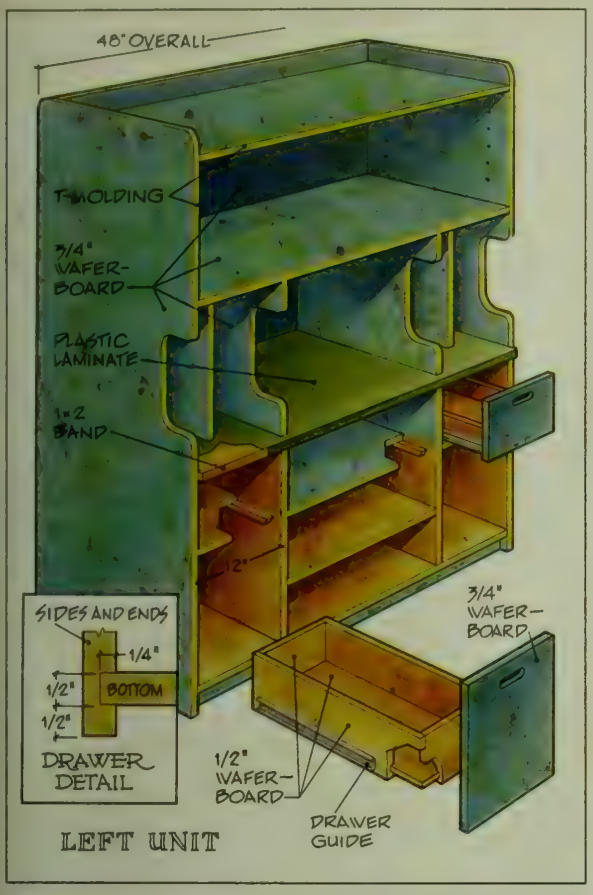
13. Attach sides and bottom to the back; then attach top piece. The top in this unit rests on a cleat and abuts the back.

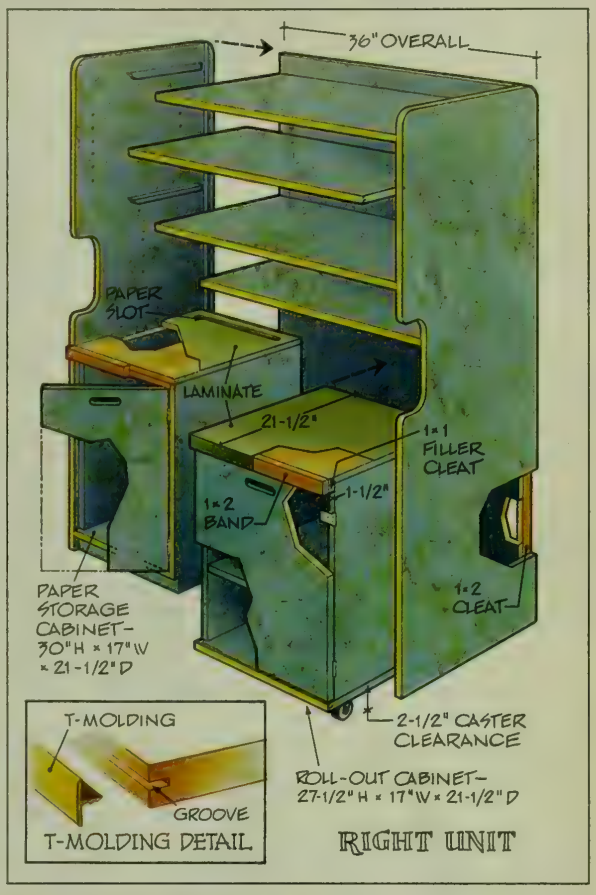
14. Install the upper shelf, the laminated shelf, and all vertical dividers. Install shelves between the lower dividers. Use cleats on these dividers for the upper shelves; screw through the divider for the lower shelf. Bore holes for the adjustable shelves and test for fit.

15. Place all of your equipment in its intended position and make any adjustments necessary; make a cutout in the back of TV compartment if extra depth is required. Mark and cut holes for all cables.

16. The right flanking unit (*opposite, top right*) is the easiest of the three to build; follow the same preassembly steps for the large cabinet; then assemble the back, sides, top, and two lower shelves.

17. Make the roll-out cart and the paper storage cabinet and apply laminate

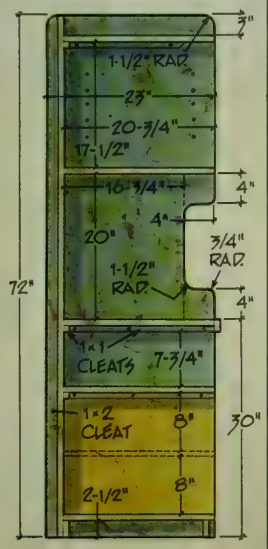




▲ Materials List: ¾-in. waferboard, three 4x8 panels ● ½-in. waferboard, one 4x8 panel ● 1/16-in. plastic laminate, 17 sq. ft. ● ¾-in. plastic T-molding, 52 ft. ● 1x1 solid wood cleats, 16 ft. ● 1x2 solid wood cleats, 20 ft. ● drawer guides, 6 sets.

to the top surfaces. The tops of these units are at the same level as the desk in the corner unit. The paper storage cabinet has a top slot through which the computer paper feeds to a printer.

18. Test fit your equipment for this unit,



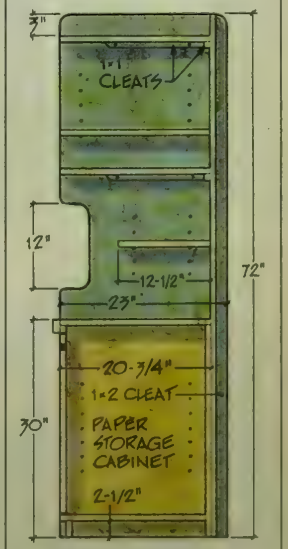
▲ Materials List: ¾-in. waferboard, three 4x8 panels ● 1/16-in. plastic laminate, 10 sq. ft. ● ¾-in. plastic T-molding, 38 ft. ● 1x1 solid wood cleats, 14 ft. ● 1x2 solid wood cleats, 16 ft. ● 2-in. cabinet hinges, 4 ● 2½-in. casters, 4.

and bore holes for the electrical cables.

19. Check for any scratches or nicks in the finish, and touch up.

To order plan No. 50527 see page 108.
Buying information, page 110.

Photographs: Karlis Grants
Illustrations: Eugene Thompson
Project design: Louisiana-Pacific Corp.
Field editor: Cathy Howard



Pay-As-You-Go DECORATING

By Robert E. Dittmer and Denise L. Caringer

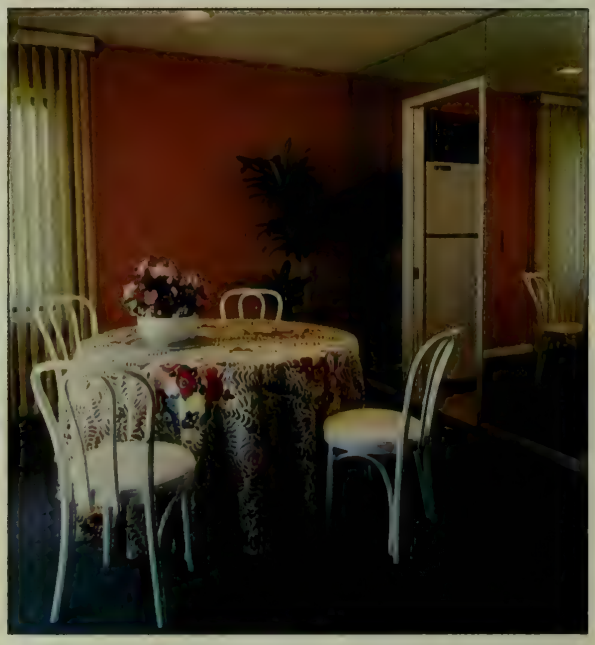
Truly terrific rooms—spaces that please the eye *and* answer day-to-day needs—evolve slowly. It may take months or years, but by decorating in stages you can:

- make it easy on yourself by paying as you go, and;
- allow time to make sensible decisions you'll be happy with for years.

Take some cues from this family's step-by-step redo.







STAGE ONE

Starting with a sofa and love seat from a relative, a couple of chairs, and little else (*above left*), this family added furnishings and decorative flourishes over a two-year period as their budget allowed.

Start with a plan

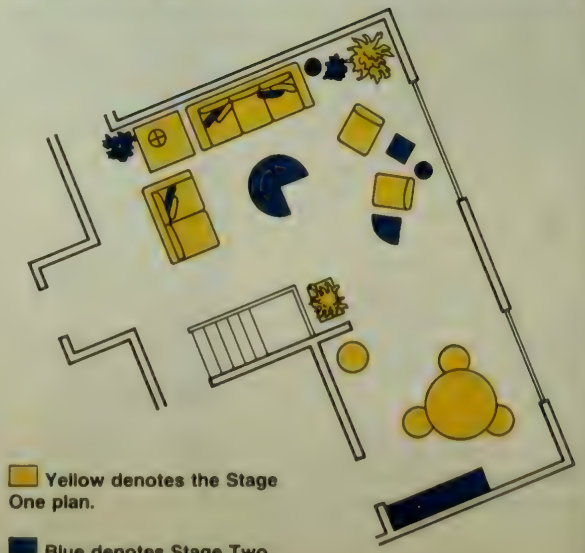
Planning is essential in successful step-by-step decorating. Be consistent in working toward the "look" you want.

Build your background

A gallon or two of paint will add drama to any room—and help "fill" empty spaces inexpensively. Here, a striking raspberry-sherbet hue (*opposite*) transforms a bland room into an exciting one. New gray carpet was added several months later.

Recycle your furnishings

Recycled furnishings—such as this old wicker-hamper-turned-coffee table—will help make your rooms livable even before your decorating plan is completed. Such budget-pleasers will help you save for big goals, like having major furnishings reupholstered. Here, a fresh linenlike fabric gives new life to the worn sofas, and a bold print updates the two side chairs. Matching pink-and-gray



Yellow denotes the Stage One plan.

Blue denotes Stage Two.

print pillows tie the furnishings together.

Link adjacent areas

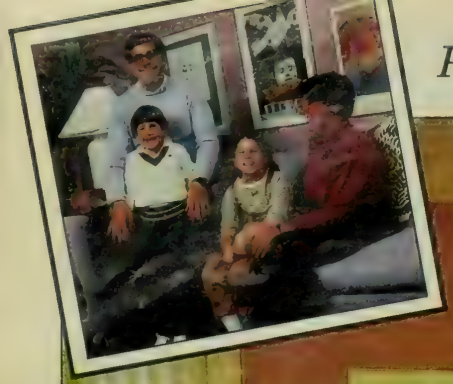
Although it may be a while before you begin work on adjacent areas, include them in your planning. This dining area (*opposite*) sat empty for more than a year before raspberry paint brought it to life and tied it in with the living room scheme.

Be ingenious

Instead of spending money for new dining room furnishings, Barbara and Bruce cleverly made an elegantly skirted dining table from a round of plywood, four screw-in legs, and fabric to match the living room chairs. They also used shiny white enamel to slick up some aging, metal dinette chairs from their kitchen.

After a wait of several months (to let their finances recover from the earlier projects), the couple added mirrors and floor-to-ceiling blinds to open up the modest-size room.





STAGE TWO

Although the living/dining room was looking good in its earlier stages, it still needed some decorative fine-tuning. A table lamp, a wall-hung lamp, and a black torchère add a warm glow (*opposite*). And a new coffee table replaces the wicker hamper. Finally, an array of colorful artwork accents the seating area.

Save for special pieces

Two ready-made buffet units round out the dining room furnishings (*above*). A poster, lamp, and black tablecloth carry out the dramatic, new mood.

Build your own accents

This homemade pedestal (*right*) elevates a plant to the status of sculpture. And a do-it-yourself parsons table (*opposite*) nestles between living-room seating units. **(Instructions begin on page 115.)**



Design: Robert E. Dittmer
Photographs: Mike Dieter

Buying information, page 110.





AT HOME SPAS

Luxury Worth the Price!

By CarolAnn Shindelar

Going to a health spa used to be the only way to enjoy a good, long soak in a steamy whirlpool bath. These days, though, you can have your own spa just by adding a whirlpool tub. Here's how four families are brightening January with their new spas.

Back-Of-The-House Retreat

Nothing chases away a winter chill like a sojourn to this back-of-the-house retreat. Opening off the breakfast area, the cedar-clad spa with its vaulted ceiling and brick floor is a favorite gathering spot for three generations of the Robert Kreamer family (*above*). The octagonal tub is fiberglass and holds 525 gallons of water. Usually the tub temperature is set at 102 degrees F., except when the grandchildren come to visit; then the thermostat is turned down to 80 or 90 degrees F.

The 18x20-foot spa addition (*inset*) replaces a crumbling concrete patio at the back of the house; the old slab was removed, but the footings were reused for the new room. Skylights and a wall of glass on the south admit winter sun and provide toasty, free warmth.

Photographs: George Ceolla. Architect: David Duimstra, AIA. Contractor: Tony Lisac, Jr. Field editor: Maxine Schweiker.



Spacious Spa/Sitting Area

Adjacent to a vanity/dressing nook in the master bedroom, this spa/sitting area (*above*) has become Kevin and Connie Shanahan's favorite room in the house. Part of a two-story addition, the second-floor spa is actually a large, well-appointed master bath, complete with a shower enclosure and toilet compartment (*right*). The Shanahans not only enjoy beginning and ending the day in their new sitting area, but as sports enthusiasts, they also love using the whirlpool to soothe their tired muscles after a strenuous workout.

Standard construction methods were used for the second floor of the addition, but extra floor joists were added under the tub for more support. The new plumbing lines were simply tied into existing ones. A tiled surround gives the 80-gallon tub a sunken effect.

Photographs: Hopkins Associates
Architect: Baer and Hickman
Interior design: Kathy Burke, Masterplan Design
Field editor: Margo Plemone



ADDING YOUR OWN WHIRLPOOL TUB

Adding a whirlpool needn't be any more complicated than adding an ordinary bathtub. A whirlpool is simply a tub outfitted with a hidden electric pump that aerates the water and recirculates it automatically. Standard-sized tubs (five feet long) should have ½-horsepower motors; larger tubs need larger motors.

Whirlpools are available in the same materials as standard tubs. Fiberglass coated with polyester gel or acrylic is the most common—it's lightweight and inexpensively priced. Smaller tubs may be cast iron, which is heavier and more costly, but is also more durable. Steel covered with porcelain is the least expensive. Expect to pay $1,000 to $2,500 for a five-foot whirlpool; $2,000 to $4,000 for a two-person tub; and up to $8,000 for one that seats four.

Equally important as buying the whirlpool is figuring out where to put it. Here are some points to consider as you begin your search:

- Check to make sure that the floor will support the tub full of water—and people. You may need to add extra floor joists if you're installing a large whirlpool.
- Be sure the tub will fit through doors and hallways as you bring it through the house.
- Most whirlpools require a separate electrical circuit; get a cost estimate from an electrician.
- If you're considering a large tub, be sure your water heater has the capacity to fill it.
- Place the tub so the motor is easily accessible. If the tub and motor are all one unit (as many are), you may need to cut an access panel into the wall on which the tub is installed.
- Persons with high blood pressure, diabetes, and certain other health problems shouldn't take whirlpool baths; check with your doctor before using.

Luxury Worth The Price

An Inviting Gazebo Spa

This gazebolike spa is perfectly at home nestled between the house and garage. The dining room and garage walls form two sides of the spa, which opens to the house through French doors from the dining area (*above*). The doors and the arched window above them were added when the gazebo was built. The tub, which is actually a five-foot-deep redwood hot tub sunk below-ground, is equipped with built-in seats. Redwood also was used for the decking around the tub.

The spa heater and motor are tucked away on the garage roof (*right*), which has been turned into an outdoor living area. From this view you can see that the gazebo roof is simply a series of beams covered with lattice. The open lattice roof and the two windows provide plenty of light. In cold climates, the lattice—which gives the space a lacy, shadowed effect—could be topped with a layer of glass.



Photographs: Ernest Braun
Field editor: Barbara Cathcart

A Luxurious Redwood Family Room

So stunning was the conversion of an unused bedroom into this new family room spa that the judges in the recent *Better Homes and Gardens* Home Improvement Contest named it a top prizewinner. Homeowners Roger and Norma Wheeler—and their friends—enjoy basking in the warmth of their solar-heated spa (*above*), no matter what the weather.

A sunspace addition (*inset*) next to the former bedroom—whose wall originally ended at the large beam next to the track light—entices the winter sun indoors, and provides more space for entertaining guests. The spa also is handy to the rest of the house; the pass-through leads to the kitchen, and the doorway to its left goes to the dining room.

The focal point of the spa is the hexagonal 420-gallon fiberglass whirlpool (*right*), which cost the Wheelers a reasonable $3,000, including all mechanical equipment. A concrete base under the whirlpool provides support for the tub, and a redwood-clad surround gives it a handsome staging platform. All of the walls in the family room are covered with redwood following a custom design developed by Roger's sister and brother-in-law.

Buying information, page 110.



Photographs: Bob Harr
Design: Larry and Linda Butcher
Field editor: Emily Kamatos





Hearty Bare-Bone Soups

Picked to the bone, your holiday turkey or ham is ready—for soup making. Beans, other vegetables, and Italian seasoning complete the turkey soup; and Southern favorites like okra and shrimp flavor the ham bone base. These easy, no-watch soups are festive enough for a party and sure to be a hit for a family meal.

JAMBALAYA HAM SOUP

- 1 1¼- to 1½-pound meaty ham bone
- 1 slice onion
- 1 cup celery leaves
- 2 to 3 parsley sprigs
- ¼ teaspoon ground red pepper
- 1 cup chopped celery
- ½ cup chopped onion
- 1 small clove garlic, minced
- 2 tablespoons butter
- 1 8-ounce can tomato sauce
- ¼ cup catsup
- ¼ cup long grain rice
- 1 10-ounce package frozen cut okra
- 1 4½-ounce can shrimp

Combine ham bone, onion slice, celery leaves, parsley sprigs, red pepper, 5 cups *water*, and ¼ teaspoon *black pepper*. Bring to boiling; reduce heat. Cover; simmer 30 to 45 minutes. Remove bone. Cool and cut off meat; chop. Discard bone. Strain broth. Cook chopped celery, onion, and garlic in butter till tender. Stir in broth, ham, tomato sauce, catsup, and uncooked rice. Bring to boiling; reduce heat. Cover; simmer 15 minutes. Add okra and *drained* shrimp. Return to boiling; reduce heat. Cover; simmer 5 minutes. Garnish with cooked crawfish and mustard greens. Serves 6.

Per serving: 241 cal., 15 g pro., 19 g carbo., 12 g fat, 75 mg chol., 739 mg sodium. USRDA: 19% vit. A, 25% vit. C, 14% iron.

MINESTRONE-STYLE TURKEY SOUP

- 1 meaty turkey carcass, cut apart
- 1 tablespoon instant chicken bouillon granules
- 1 bay leaf
- 2 cups shredded cabbage
- 1 14½-ounce can stewed tomatoes, cut up
- 1 15-ounce can great northern beans, drained
- 1 15-ounce can garbanzo beans, drained
- 1 large onion, chopped
- 1 clove garlic, minced
- ¼ cup snipped parsley
- 1 teaspoon dried basil, crushed

Combine turkey, bouillon, bay leaf, and 7 cups *water*. Bring to boiling; reduce heat. Cover; simmer 1 hour. Remove turkey carcass. When cool, remove meat from bones and chop. Discard bones. Strain broth. Return broth and chopped turkey to Dutch oven. Stir in cabbage, *undrained* tomatoes, beans, onion, garlic, parsley, and ⅛ teaspoon *pepper*. Bring to boiling; reduce heat. Cover; simmer 25 to 30 minutes. Serves 6.

Per serving: 287 cal., 25 g pro., 35 g carbo., 5 g fat, 43 mg chol., 413 mg sodium. USRDA: 16% vit. A, 45% vit. C, 26% iron.

Buying information, page 110.

Photograph: Ron Crofoot
Food stylist: Judy Tills

By Diana McMillen

Good-For-You MAIN DISHES that taste great!

Knowing what foods are best for your family is only half the challenge—serving food they'll enjoy is the real test. Eating right doesn't require hocus-pocus diet plans; the best advice is still moderation. Monitor meals for calories, fat, sugar, salt, and added fiber—but don't cut imagination!

These tasty main dishes illustrate exciting ways to serve your family nutritious foods they'll love.

By Diana McMillen



Photographs: Ron Crofoot, small photograph above: Perry Struse. Food stylist: Judy Tills



Upside-Down Pizza

There's more than one way to bake a pizza. This one's upside down! The bonus—the generous crock is filled with plenty of thick, rich filling. We've reduced the fat (and therefore the calories) in a typical pizza topping by substituting turkey and low-fat cheese.

Per serving: 437 cal., 40 g pro., 38 g carbo., 15 g fat, 79 mg chol., 682 mg sodium. USRDA: 36% vit. A, 113% vit. C, 19% thiamine, 28% riboflavin, 37% niacin, 49% calcium, 24% iron, 61% phosphorus.

Super Salad Bowl

► What you see here is no ordinary chef's salad. This leafy lettuce bowl packs a fresh and satisfying winter meal wallop. A mound of yogurt-sauced wheat berries and salmon is the center attraction in this mini smorgasbord of nutritious ingredients.

Per serving: 387 cal., 24 g pro., 47 g carbo., 12 g fat, 26 mg chol., 142 mg sodium. USRDA: 97% vit. A, 62% vit. C, 22% thiamine, 28% riboflavin, 36% niacin, 30% calcium, 37% iron, 50% phosphorus.

Recipes begin on page 98.
Buying information, page 110.



Good-For-You



Macaroni Cloud in a Mug

◄ Kids can dig into dinner from their favorite cup. This new version of macaroni and cheese adds eggs for puffy texture and more complete protein. Calories, fat, and sodium are lower, too.

Per serving: 288 cal., 14 g pro., 19 g carbo., 18 g fat, 173 mg chol., 330 mg sodium. USRDA: 21% vit. A, 15% vit. C, 8% thiamine, 22% riboflavin, 5% niacin, 31% calcium, 7% iron.

Pork in Squash Boats

► Not all spaghetti comes from a box. This golden vegetable variety, spaghetti squash, is cooked and served in its own shell. (The baked squash turns into spaghetti threads when raked with the tines of a fork.) Combine the vitamin-packed vegetable with today's leaner-than-ever pork and you have a nutritious, tasty main dish.

Per serving: 560 cal., 24 g pro., 40 g carbo., 34 g fat, 70 mg chol., 422 mg sodium. USRDA: 127% vit. A, 110% vit. C, 72% thiamine, 27% riboflavin, 34% niacin, 9% calcium, 31% iron, 34% phosphorus.



Chicken 'n Chips

◄ Here's a totally new Mexican dish! Chunks of chicken breast are coated with a chili powder seasoning; the golden orange chips are made from sweet potatoes (rich in vitamin C). Both are baked instead of fried, trimming fat and calories. Dunk them in a creamy Neufchâtel dip with chili peppers.

Per serving: 280 cal., 30 g pro., 19 g carbo., 9 g fat, 75 mg chol., 204 mg sodium. USRDA: 63% vit. A, 22% vit. C, 7% thiamine, 17% riboflavin, 60% niacin, 8% calcium, 9% iron, 31% phosphorus.

Recipes begin on page 98.
Buying information, page 110.



$21,000 IN PRIZES!

Do you have a recipe that's holiday-special? You could win $1,000 or another prize from the $21,000 in prizes just by entering our ***Holiday Recipe Contest.*** Top winners will be featured with their recipes in our 1985 December issue. We're looking for your original recipes for Festive Main Dishes; Holiday Meal Side Dishes such as vegetables, salads, or stuffings; Party Appetizers and Beverages; Homemade Baked Goods; Christmas Cookies and Candies; or Holiday Food Gifts. There's a Junior Division for cooks under 12 years of age. We'll award:

ANNOUNCING 1985 HOLIDAY RECIPE CONTEST!

Seven $1,000 Winners

One top winner chosen from each of the seven categories.

Twenty-Eight $500 Winners

Four runners-up chosen from each category.

Fifty Cookbook Winners

Fifty honorable mentions chosen from any of the categories will receive the *Better Homes and Gardens® Treasury of Christmas Crafts & Foods.*

Better Homes and Gardens
Holiday Recipe Contest
P.O. Box 10816
Des Moines, IA 50336

Win Up To $1,000

My recipe fits the following category:

- ☐ Festive Main Dishes
- ☐ Holiday Meal Side Dishes
- ☐ Party Appetizers and Beverages
- ☐ Homemade Baked Goods
- ☐ Christmas Cookies and Candies
- ☐ Holiday Food Gifts
- ☐ Junior Division

Name of recipe: _____
Your name: _____
Address _____
City: _____ **State:** _____ **Zip:** _____

Rules For Entering Contest

1. Write or type your name and address on the entry blank. Check the right category for your recipe.

2. Write or type "Holiday Recipe Contest" and your name and address on each piece of paper in the top right-hand corner. Write each of your entries on a separate piece of paper.

3. Give all measurements in level cups, tablespoons, or teaspoons.

4. Specify brand names of ingredients used in your recipe.

5. Include a statement of not more than 50 words explaining the recipe origin and why it is so special.

6. All entries will be judged on their originality, taste, appearance, and appeal.

7. Mail entries to Holiday Recipe Contest. P.O. Box 10816, Des Moines, IA 50336. Entries must be postmarked no later than February 1, 1985, and received by February 15, 1985.

8. If your recipe is judged a winner, you give Meredith Corporation the right to use it in any manner as long as we wish. We reserve the right to adjust and edit recipes. Contest winners will be notified in April, 1985.

9. All winners will be required to sign an affidavit certifying that their entries are original and not previously published.

10. A list of winners may be obtained by sending a self-addressed stamped envelope. No recipes will be returned.

11. Any resident of the United States or Canada may enter. Employees of Meredith Corporation, its affiliates and subsidiaries, its advertising agencies, and their families are not eligible.

12. This contest is subject to any federal, state, and local laws and regulations. All liability for federal, state, or other taxes imposed on a winner are the responsibility of winners—not Meredith Corporation. Contest is void where prohibited by law.

PROVIMI VEAL



Lean & Trim

Vinyl Cover-Up for Problem Walls

One of the best ways to repair the old tile crumbling off your bathroom walls is simply to cover it up. This cushioned vinyl wall covering makes an excellent camouflage because it has a fiber glass backing that bridges gaps without showing indentations. The wall covering also is ideal for hiding cracked plaster walls or concrete block walls in the basement. You can purchase the wall covering (which is available in a number of colors and patterns), adhesive, and an installation kit at a lumberyard or home center.

Prepare your bathroom walls by removing all loose tiles and filling deep voids with joint compound. If all of the tiles are firmly anchored, you should be able to apply the wall covering right over them. Wash the surface thoroughly to remove grease, soap film, and mildew. To cover new surfaces (or areas that you've just patched), prime the walls with one part adhesive thinned with two parts water.





First measure your walls to determine how many sections of wall covering you'll need. (The wall covering and adhesive are moistureproof, so they can be used around the tub, too.) Purchase enough for your bath, then measure and cut the first wall section, adding an extra inch at the top and bottom which you'll trim back later. Drop a plumb line to determine where your first piece should go, and roll the adhesive on the wall with a short-bristle paint roller. Let the adhesive set up for 15 to 30 minutes until tacky, then position the first piece of wall covering, making sure it matches the plumb line.



The adhesive won't cling instantly, so you'll have time to straighten the section. Once the sheet is firmly in place, rub it well with a smoothing brush to force out air pockets. For the next section, pick up the roll of wall covering and match the pattern on the wall. Mark the cut lines. Some of the patterns run in only one direction, so make sure you don't install a section upside down. Avoid corner seams around the tub to ensure against moisture seepage. Form the seam by folding the wall covering (with right sides together) to break the fiber glass backing, then bend the vinyl around the corner.



Use the same procedure to insta each wall section. Because the wall co ering is pretrimmed, the edges butt an form a perfect seam without overla ping. Remove the fittings around th tub and install the wall covering ov the exposed holes. Then just trim awa the wall covering at the openings. Tri the excess wall covering at the top an bottom of the walls, too. Finish all e posed edges with any standard wood vinyl molding to match your walls.

Manufactured by: Forbo North Am ica, Inc., 218 W. Orange St., Lancast PA 17603.

Photographs: Hopkins Associates

Alive with pleasure!

Newport



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After all, if smoking isn't a pleasure, why bother?

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

17 mg. "tar", 1.1 mg. nicotine av. per cigarette, FTC Report March 1984.





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Come to Spice Islands and see how fresh and luscious herbs can be. Take our Basil. The leaves are greener, full and uniform—not brown and dried out. And Spice Islands Basil has more volatile oil, making it more aromatic and flavorful.

The difference is so big you can taste it. Spice Islands Basil makes even everyday dishes taste special.

It tastes this way for one simple reason. We grow it ourselves on our own herb farm. And we coddle it, from seedling to harvest. Then we package it, like all our herbs and spices, in glass jars with tight-fitting metal caps. Not in boxes, tin cans or plastic jars. So they come to you—and they stay—as fresh and as aromatic as herbs and spices should be.



For a free Spice Islands Spice Chart and interesting recipes, write: Specialty Brands Inc., Dept. BH, PO Box 7004, San Francisco, CA 94120.

Come to the Spice Islands®



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Potato Skin Treats



Potato skins top the list of appetizers on many restaurant menus. Now, with our recipes, you can indulge in this popular food at home, too. And there's a bonus: when you prepare potato skins for a nutritious snack, the cooked potato pulp is ready for another meal.

To prepare our tasty versions, first scrub and prick 4 large baking potatoes. Bake potatoes in 425° oven 40 to 60 minutes. Cool. Cut potatoes into quarters lengthwise or crosswise. Using a spoon, scoop out potato leaving a ¼-inch-thick shell. Continue as directed in the recipe.

SOUR CREAM AND ONION SKINS

½ cup shredded cheddar cheese
1 8-ounce carton sour cream dip with French onion
4 slices bacon, crisp-cooked, drained, and crumbled

Season potato skins with salt and pepper. Place skins on unheated rack of broiler pan; broil 5 inches from heat 7 minutes or till golden. Top with cheese; broil 1 minute. Top skins with sour cream and crumbled bacon. Makes 16.

PARMESAN POTATOES

3 tablespoons butter *or* margarine, melted
¼ cup grated Parmesan cheese
⅛ teaspoon garlic powder
Dash ground red pepper

Place potato skins in a 13x9x2-inch baking pan. Bake in 325° oven 20 minutes. Brush insides of skins with butter or margarine. Sprinkle cheese, garlic powder, and pepper over skins. Bake 10 to 15 minutes more or till crisp. Makes 16.

CURRIED POTATOES

3 tablespoons butter *or* margarine
1 tablespoon chopped pimiento
2 teaspoons curry powder
¼ cup finely chopped salted peanuts

Place potato skins in a 13x9x2-inch baking pan. Bake in 325° oven 20 minutes. In saucepan cook butter, pimiento, and curry 5 minutes; spread mixture over skins. Sprinkle nuts atop. Bake skins 10 to 15 minutes more. Makes 16.

Photograph: Mike Dieter

Can you recognize America's favorite diet food?



A potato is one diet food that's hard to disguise.

Because no matter how you dress it up, it's still full of things that are good for you. Without the things that aren't.

A medium-sized potato,* for example, has only about 110 calories—fewer than a cup of yogurt. Or a six-ounce serving of cottage cheese. Or even a green salad with dressing.

And a potato is 99.9% fat free. And 100% cholesterol free.

Plus, potatoes are packed with nutrients your body needs. Like Vitamin C, iron, fiber and hard-to-find Vitamin B_6. All at pennies per serving.

So when planning your next menu, remember.

The diet food you've been looking for is right under your nose.

Potatoes. America's Favorite Vegetable.

*150 grams, round type, boiled in skin. Source: "Nutrition Labeling, Tools For Its Use," USDA Bulletin No. 382. 1983–84 National Consumption Study. © 1984 The Potato Board

"I didn't believe it... but it's true."

Extend 12® Controls Coughs Up to 12 Hours... All Day or All Night...With Just One Dose!



1. "Was I wrong! There are thousands of tiny particles coated with a cough suppressant in the Extend 12 liquid—and they really do work like they say, up to 12 hours.



2. "One dose in the morning means my children don't have to carry Extend 12 to school—and my husband doesn't have to carry it to work. And once before bedtime means no need to take it in the middle of the night.



3. "Extend 12 comes in small packages—but they give you big value for your money. One bottle lasts up to a full day longer than ordinary cough medicine.



4. "There are no narcotics or alcohol in Extend 12. So it's safe for the whole family. I should have known...you can trust Extend 12—it comes from the makers of Robitussin®."

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Small-Room Space Schemes



Combining your living and working needs in a small room takes creative juggling, but schemes like this prove it's possible. What the room lacks in square footage, it makes up for in wise use of space and warm character.

The fireside seating area, for example, is cozy without being claustrophobic. Open-backed Windsor chairs and a white sofa form an intimate grouping *(right)*. Cushions piled up ottoman-style and an old chest that stores and serves complement the seating pieces. The Windsor chairs also do a quick about-face for work at a countertop that's part of the storage wall *(above)*. The work surface looks like a regular shelf, but special drawer guides hidden underneath let it pull out easily for paper work, or push back for storage.



Photographs: Stephen Fridge. Design: Christopher Page and Karen Marincovich. Field editor: Helen Heitkamp

Natural Fiber Rugs: Low-Cost Floor Fashion



Natural-fiber rugs blend lots of good qualities—they're inexpensive, easy-care, handsome, and readily available at import and discount stores. The newest versions also add "colorful" to this list. Pastel and primary hues woven into fanciful motifs make the latest fiber rugs even more attractive.

Whatever your style, you'll find lots of places to use fiber rugs. Thick, coarsely woven rugs add eye-catching texture to entries and hallways. Flat rugs with finer weaves work well in living, dining, and bedrooms. Moisture causes natural-fiber rugs to deteriorate, however, so it's best not to use them in damp areas such as basements. Water may cause the dyes in colored fiber rugs to run.

Natural-fiber rugs come in many shapes and sizes. Some are woven into strips for wall-to-wall installation; others are sold in 12-inch squares that you sew together to custom-fit your room.

Understanding fiber types

The types of fibers used in these rugs are an indication of durability.

Rugs woven of *coir*, an Indian fiber made from unripe coconut husks, are durable and generally more expensive than other types. Although they're naturally dark brown, they can be dyed in bold primary colors. Coir rugs are now woven in a variety of patterns; some look like cotton dhurrie rugs.

Coir sometimes is woven into strips of varying widths and patterns for wall-to-wall installation, hallway runners, or stairways. Some coir strips have cushioned backings. For long wear, look for coir rugs that have a thick pile and tight weave. One of the best ways to judge quality is weight; the heavier the rug, the better it will wear.

Sisal rugs from India are made from the leaves of a tropical plant. The fiber is naturally creamy yellow in color, but often is bleached white. No longer used widely, sisal is being replaced by coir.

Rugs made of *maize, rush, sea grass, lake grass*, and *straw* all come from China. *Maize* rugs, made from corn husks, are considered the best and most durable of these. Maize can be either white or tan; sometimes both shades are used to make duotone squares. The newest maize rugs offer colorful geometric and floral designs.

Rush is a grassy fiber that varies from soft green to faded yellow. Today, rush is being replaced by less costly sea and lake grass. *Sea grass*, a fragile fiber grown in China, is usually woven into delicate lacy patterns.

Lake grass, a freshwater grass, is not as strong as sea grass but is less costly. Lake grass rugs sometimes are labeled as sea grass, so be sure to compare rugs.

Rice straw is the shaft of the rice plant that's discarded after the grain is harvested. It's used to make tightly woven, flat rugs that are golden-brown.

Caring for your natural-fiber rugs

Vacuuming will remove everyday soil from a fiber rug. Since dirt sifts through the rug, sweep the floor beneath it, too. Many fiber rugs are reversible, so you can flip them when one side becomes soiled or stained.

Wash undyed fibers with mild soap and water. Don't soak the rug, however, and dry it quickly. Hang small rugs on a clothesline; prop up larger ones in a well-ventilated area.

Photograph: George Ceolla
Rugs courtesy Pier 1 Imports

How to make money and have fun in your own part-time business without the hassles of running one.



If you enjoy needlework, and getting out once in a while for social evenings with friends, we know you'll like being a Creative Circle Representative. You'll have fun. And you could make a lot of extra money doing it.

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The Christmas Ornament Collectors Club

Founded to give you the opportunity to acquire in a convenient and affordable way, Christmas ornaments not readily available in stores.



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ystal Horse
yful rocking horse – 24kt gold finish…full
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porcelain from Villeroy & Boch featuring
popular "Naif Christmas Scene." $7.75.

nents above – typical of those you receive
ember – are shown smaller than actual size.

It's no wonder that Christmas ornaments are a treasured part of your family's Christmas tradition. Colorful and magical, they add warmth and wonderment to your Christmas tree each year. Memories of holidays past come alive as you and your family trim the tree with the ornaments you've collected over the years.

Unfortunately, however, in this age of mass production, distinctive ornaments of high quality are becoming very hard to find.

A Beautiful Ornament Sent To You Each Month

Now, through membership in The Christmas Ornament Collectors Club, you can build a collection of heirloom quality ornaments; a collection which would be practically impossible to assemble on your own. Indeed, many of the monthly selections are created *exclusively* for Club members.

Each month, you will receive a splendid ornament. For you and your family, it will be as if Christmas arrives every month with each delivery.

Each ornament will be painstakingly crafted from the finest materials. Many will be hand-decorated. Some will be crystal, some porcelain, others pewter and still others wood. Moreover, as a member you will have the opportunity to acquire at a very attractive price a handsome collector chest to store your ornaments.

No Risk or Obligation

If you are not delighted with any month's ornament selection, you may simply return it within thirty days for a full refund. You may cancel your membership at any time.

Modest Cost

One of the nice things about collecting these ornaments is that besides being beautiful they don't cost a lot. The Club's regular monthly ornament selections cost from $5 to $10 each.

Now is the Best Time to Join – Enjoy the Christmas Spirit All Year!

To become a member of The Christmas Ornament Collectors Club, send in your application today. There's no membership fee and you need send no money now. Act today and enjoy the holiday spirit month after month, throughout the year!



Wood Soldier shown actual size.

FREE! This colorfully hand-painted wood soldier is yours free as a member – it's our special welcoming gift for joining.

MEMBERSHIP APPLICATION D42

The Christmas Ornament Collectors Club

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Collectors Club
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Please return by
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Please enroll me in The Christmas Ornament Collectors Club. Each month I will receive a different ornament, crafted from the finest materials. I need send no money now. I will pay for each new ornament as billed on a monthly basis. The ornaments will cost from $5 to $10. Any ornament I am not satisfied with may be returned within thirty days for replacement or refund and this membership can be canceled by either party at any time. Upon acceptance as a new member, I will receive a hand-painted wood soldier ornament as a free gift.

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Check here if you want each ornament charged to your: ☐ VISA ☐ MasterCard

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Allow 8 to 12 weeks after payment for initial shipment.

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ALSO AVAILABLE IN 100's.

120's Filter: 14 mg. "tar", 1.1 mg. nicotine; Menthol 120's: 14 mg. "tar", 1.0 mg. nicotine; 100's: 13 mg. "tar", 1.0 mg. nicotine av. per cigarette, FTC Report (Mar. '84).

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

FOOD

Tasty Blintzes

One of the delicacies from Jewish cuisine is a crepelike pancake called a blintze. Blintzes can enfold a wide variety of mixtures. This brunch or dessert rendition conceals a scrumptious spiced apple filling.

APPLE-MERINGUE BLINTZES

Filled blintzes may be frozen. To serve them from the freezer, cook them in the butter or margarine over low heat till thawed and heated through—

1 cup all-purpose flour
5 tablespoons sugar
1½ cups milk
2 eggs
1 tablespoon cooking oil
2 tablespoons dried currants
2 medium apples, peeled and cored



¼ teaspoon ground cinnamon
1 egg white
3 tablespoons butter *or* margarine
Poached apple slices (optional)
Powdered sugar
Dairy sour cream

In a bowl combine flour, *2 tablespoons* of the sugar, the milk, eggs, and oil; beat with rotary beater till smooth. Heat a lightly greased 6-inch skillet. Remove from heat. Spoon in 2 tablespoons batter; lift and tilt skillet to spread batter. Return to heat; brown on one side. Invert pan over paper toweling; remove blintze. Repeat to make 20. Set 12 blintzes aside. Wrap remaining in moisture- and vaporproof material and freeze to use another time.

Pour *boiling water* over currants; cool and drain. Finely chop the 2 apples. Combine currants, chopped apple, *1 tablespoon* of the sugar, and the cinnamon. Beat egg white till soft peaks form (tips curl). Gradually add the remaining *2 tablespoons* of sugar, beating till stiff peaks form (tips stand straight). Fold meringue into apple mixture. Spoon about *2 tablespoons* of the apple mixture in center of unbrowned side of *each* blintze. Fold 2 opposite edges of blintze to overlap atop filling. Fold in remaining edges, forming an oblong packet. In a large skillet cook blintzes on both sides in butter or margarine over medium-low heat till heated through. Add more butter or margarine, if necessary. Sift powdered sugar over blintzes; top with poached apple slices. Serve with sour cream. Serves 6.

To poach apple slices: Cook apple slices in a small amount of boiling water 2 minutes; drain well.

Photograph: Scott Little

Win Money



Prize Tested Recipes

STIR-FRIED BEEF SUPPERS
LIGHT DESSERTS

Do you serve your family a beef stir-fry that has a unique ingredient? Are light desserts a favorite treat? Send us your original recipes—you could be a winner. Two Cooks of the Month receive $100 each, two Runners-Up receive $50 each, and six Honor Roll winners get $25 each. Selected recipes will be pictured on the Prize Tested Recipes pages next August. Winners receive a framed Certificate of Endorsement and six copies of their recipe.

Hints To Help You

Stir-Fried Beef Suppers: Submit your stir-fry ideas based on beef steak, beef roast, or ground beef. Do you create Mexican- or Italian-flavored main dishes with this Far East cooking style? Perhaps you first marinate beef strips in a special sauce. **Hints: stir-fried meatballs and tomatoes, spiced steak and peach toss, saucy sirloin and vegetables, and fiesta beef stir-fry.**

Light Desserts: Enter an original dessert recipe that's low in calories and fat. Do you serve your specialty warm, chilled, or frozen? For quick ease, do you prepare your light dessert sauce or pudding in the blender? **Tips: custard-topped nectarines, spiced apple squares, sugar-free lemon sherbet, and mocha cream fluff.**

This Month's Winners

See recipes on pages 103 and 104.)

Cooks of the Month:
Kathryn Hillen, Bartlesville, Okla.
Debra Tito, Diamond Bar, Calif.

Runners-Up:
Mabel Pellettier, Rockville, Md.
. Hill, Long Beach, Calif.

Honor Roll:
Mrs. Lentsey M. Carlson, Lakewood, N.Y.; Virginia B. Elliott, Naples, Fla.; Kashmira Mistry, El Paso, Tex.; Cheryl Reiff, South Whitley, Ind.; Mrs. E. T. Webster, Columbia, S.C.; Julie K. Wilson, Rochester, N.Y.

Contest Rules

. Clearly write your name, address, and recipe marked "August Stir-ried Beef Suppers" or "August Light Desserts." **2.** Specify brand ames of food products you use. **3.** Include 50 to 100 words about the igin of the recipe. **4.** If your recipe is purchased, you give Meredith orporation the right to use it in any manner for as long as we wish. Entries must be postmarked by midnight, January 31, 1985. If recipe uplicates are submitted, the one earliest postmarked will be judged. We reserve the right to adjust and edit winning recipes. **7.** Address e recipes you enter to P.O. Box 8508 Food Department, Better omes and Gardens, Des Moines, IA 50336. **8.** All entry materials ecome the property of the Meredith Corporation. BHG

One chicken. Two results.



Look at the difference in this microwaved chicken! Half of it was sprayed with New Kitchen Bouquet™ Microwave Browning Spray for a delicious golden brown appearance. The other side pales by comparison.

Now you can cook poultry and meats in the microwave oven and have them look deliciously oven-browned. Just spray on our unique blend of all natural spices, seasonings and flavors. Then cook according to microwave instructions.

NEW Kitchen Bouquet™ Microwave Browning Spray.

You can see the appetizing difference.



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begins on page 88

Healthful recipes

Our seal assures you that every recipe has been tested in and is endorsed by the Better Homes and Gardens® Test Kitchen.

How to Use Our Nutrition Information

Good nutrition seems to be on everyone's minds these days. To help you keep track of the calories, protein, fat, cholesterol, and sodium you consume each day, we've included the amounts of these nutrients by gram weight per serving for our recipes.

You also can check the vitamin and mineral content of each recipe—these are given in percentages of the United States Recommended Daily Allowance (USRDA) whenever the value exceeds 10 percent. The USRDAs are standards developed by the Food and Drug Administration. Use them as a guide to see how well each recipe meets your family's nutrition needs.

How to use nutrition analysis

The nutrition summaries with recipes can help you plan more healthful family meals. Start by looking at the essential nutrients each recipe provides. Then decide its importance to your diet in supplying protein, vitamins, minerals, and so forth.

To put the numbers in perspective, here are some simple guidelines based on daily needs of females, 23–50 years old: calories—2,000, protein—45–65 grams, fat—85 grams, cholesterol—300 milligrams, sodium—1,100–3,300 milligrams. (In general, males and teenagers need more calories.) Use these as ball park figures—there's no real harm in going over or under these figures in any single day, but you should aim for a balanced diet overall.

We used these guidelines to figure the nutrition analysis of each recipe:

- When ingredient options appear in a recipe, the first ingredient choice is used for the analysis.
- "Optional" ingredients are omitted in the analyses.
- The nutrition analyses for recipes calling for fresh ingredients are calculated using the measurements for raw fruits, vegetables, and meats.
- If a recipe gives optional serving sizes (such as "Makes 6 to 8 servings"), the nutrition analysis is calculated using the first choice.

UPSIDE-DOWN PIZZA

To prevent sticking, grease rims of baking dishes, as well as the inside—

2 tablespoons cracked wheat
1 16-ounce package whole wheat bread mix
1 7½-ounce can tomatoes, cut up
1 small green pepper, chopped
½ of a 6-ounce can tomato paste (⅓ cup)
1 teaspoon fennel seed, crushed
½ teaspoon dried oregano, crushed
½ teaspoon dried basil, crushed
¼ teaspoon pepper
1½ cups chopped cooked turkey *or* chicken
1 6-ounce can sliced mushrooms, drained
¼ cup grated Parmesan cheese (optional)
1 cup shredded low-fat mozzarella cheese (4 ounces)
Fresh oregano sprigs (optional)
Ripe olives (optional)

In a small bowl combine cracked wheat and enough boiling water to cover. Let stand 5 minutes; drain. Prepare the bread mix according to package



directions *except* stir in the softened cracked wheat. Let dough rest according to package directions.

Meanwhile, in a medium saucepan combine the *undrained* tomatoes, green pepper, tomato paste, fennel, oregano, basil, and pepper. Bring to boiling; reduce heat. Simmer, covered, 10 minutes. Stir in the turkey and mushrooms. Spray nonstick vegetable spray coating inside and on the outer rims of four 10- to 12-ounce ovenproof baking dishes with handles. (Or, grease dishes and sprinkle Parmesan over bottom of dishes.) Divide the mozzarella cheese evenly among the dishes. Spoon turkey mixture into baking dishes. Divide dough in half. Use *half* of the dough to prepare dinner rolls or a loaf of bread following package directions.

Divide the remaining dough into four portions. On a lightly floured surface roll each of the four portions to extend ¾ inch beyond the edge of baking dishes. Place the dough atop each dish, overlapping rim. Brush dough with *milk*. Bake in a 375° oven about 15 minutes or till light brown. To serve, loosen crust and invert onto serving plate. Garnish with fresh oregano and olives. Makes 4 servings.

Per serving: 437 cal., 40 g pro., 38 g carbo., 15 g fat, 79 mg chol., 682 mg sodium. USRDA: 36% vit. A, 113% vit. C, 19% thiamine, 28% riboflavin, 37% niacin, 49% calcium, 24% iron, 61% phosphorus.

SUPER SALAD BOWL

Wheat berries add fiber and flavor to this main-dish salad. Look for the berries, also called unpolished whole wheat kernels, in the cereal section of your supermarket or in health food stores—

1 cup water
½ cup wheat berries
⅔ cup plain yogurt
½ teaspoon dried dillweed
Several dashes bottled hot pepper sauce
1 3¾-ounce can salmon, drained, skin and bones removed, and flaked
¼ cup chopped celery
2 tablespoons sliced almonds
2 small heads Bibb *or* butterhead lettuce
½ cup finely shredded carrot
6 radishes, shredded
Crinkle-cut carrot and celery sticks (optional)
Sesame breadsticks (optional)
Lemon peel flowers (optional)
Carrot tops (optional)

In a small saucepan combine the water and wheat berries. Bring to boiling; reduce heat. Simmer the wheat berries, covered, for 1 hour. Remove saucepan from heat. Drain off water and cool the wheat berries.

For dressing: Combine the plain yogurt, dillweed, and the bottled hot pepper sauce. In a medium mixing bowl stir together the wheat berries, flaked salmon, chopped celery, and sliced almonds. Divide the yogurt mixture in half. Add *half* of the dressing to the wheat berry mixture; toss gently till just mixed. Cover; chill. Chill the remaining yogurt dressing separately till serving time.

To serve, remove centers from the small heads of lettuce, leaving outer leaves intact to form a bowl. Reserve centers of the lettuce for another use. On individual serving plates place the hollowed lettuce bowls. Arrange the shredded carrot, shredded radishes, and the chilled wheat berry mixture in the lettuce bowls. Arrange the carrot sticks, celery sticks, and breadsticks around each filled lettuce bowl. Garnish with lemon peel flowers and carrot tops. Serve with the remaining dressing. Makes 2 main-dish servings.

Per serving: 387 cal., 24 g pro., 47 g carbo., 12 g fat, 26 mg chol., 142 mg sodium. USRDA: 97% vit. A, 62% vit. C, 22% thiamine, 28% riboflavin, 36% niacin, 30% calcium, 37% iron, 50% phosphorus.

continued





cooked macaroni into the cheese-yolk mixture. Cool slightly. Wash beaters. In a small mixer bowl beat the egg whites and cream of tartar till stiff peaks form (tips stand straight). Gradually fold the beaten egg whites into the cheese-macaroni mixture. Fill four 10-ounce ovenproof mugs with *one-fourth* of the egg mixture, leaving ¾-inch headspace. Place the mugs on a baking sheet. Bake the filled mugs in a 350° oven for 25 to 30 minutes or till the tops are golden brown. Makes 4 main-dish servings.

Per serving: 288 cal., 14 g pro., 19 g carbo., 18 g fat, 173 mg chol., 330 mg sodium. USRDA: 21% vit. A, 15% vit. C, 8% thiamine, 22% riboflavin, 5% niacin, 31% calcium, 7% iron.

PORK IN SQUASH BOATS

This tasty meal-in-one borrows flavor from the dried fruit. For fast cooking, micro-cook the squash—

- ½ pound boneless lean pork, cut into 1-inch cubes
- 1½ teaspoons cooking oil
- 1 small tomato, peeled, seeded, and cut up
- 1 small onion, cut into wedges
- ¼ cup dry red wine
- ¼ cup water
- 2 tablespoons raisins
- 2 tablespoons snipped dried apricots *or* raisins
- 1 small clove garlic, minced
- ¼ teaspoon dried thyme, crushed
- ¼ teaspoon dried tarragon, crushed
- ¼ teaspoon salt
- Dash pepper
- ½ cup green *or* sweet red pepper cut into strips
- 2 tablespoons sliced pitted ripe olives
- 1 small spaghetti squash (about 2 pounds)
- Passion fruit wedges (optional)
- Fresh thyme sprigs (optional)

continued

Healthful recipes

MACARONI CLOUD IN A MUG

Bake this kid-appealing recipe in an ovenproof coffee mug. The baking time is based on using a 10-ounce mug, so you'll need to adjust the baking time if you use a different size—

- 2 ounces elbow macaroni (½ cup)
- 2 tablespoons finely chopped green pepper
- 1 tablespoon finely chopped onion
- 2 tablespoons butter *or* margarine
- 4 teaspoons cornstarch
- Several dashes bottled hot pepper sauce
- Dash pepper
- 1 cup skim milk
- 1 cup shredded cheddar cheese (4 ounces)
- 1 cup frozen corn, thawed

• • •

- 2 egg yolks
- 2 egg whites
- ⅛ teaspoon cream of tartar

In a small saucepan cook the macaroni, uncovered, in boiling salted water about 8 minutes or just till tender. Drain in colander. Rinse with cold water; drain. Set aside. In the same saucepan cook green pepper and onion in butter or margarine till tender. Stir in cornstarch, hot pepper sauce, and pepper. Add milk all at once. Cook and stir till thickened and bubbly. Cook and stir 2 minutes more. Reduce heat to low. Add the cheese and corn, stirring till cheese melts. Remove from heat.

In a medium mixing bowl lightly beat the egg yolks. Slowly add the cheese mixture, stirring constantly. Fold the





- 1 large sweet potato, very thinly sliced crosswise
- ½ cup plain yogurt
- 2 ounces Neufchâtel cheese
- 2 tablespoons skim milk
- 2 tablespoons chopped green chili peppers

Shredded romaine (optional)

1 Green Chili Flower (optional)

In a small bowl combine the cornmeal, chili powder, salt, pepper, and red pepper. Toss chicken pieces in cornmeal mixture to coat. Place in a single layer on a shallow baking pan. On another baking pan arrange sweet potato slices. Bake sweet potato in a 350° oven about 20 minutes and chicken pieces about 12 minutes or till done, turning chicken and potato once.

To make dipping sauce: In a small mixer bowl beat together the yogurt, Neufchâtel cheese, and skim milk with an electric mixer till smooth. Stir in chopped green chili peppers. Serve chicken and sweet potatoes atop romaine. Serve with chili-cheese sauce garnished with Green Chili Flower. Makes 4 servings.

Green Chili Flower: Cut slices in one fresh *green chili pepper* from the tip to, but not through, the stem. Place in ice water about 15 minutes to curl slices.

Per serving: 280 cal., 30 g pro., 19 g carbo., 9 g fat, 75 mg chol., 204 mg sodium. USRDA: 63% vit. A, 22% vit. C, 7% thiamine, 17% riboflavin, 60% niacin, 8% calcium, 9% iron, 31% phosphorus.

Note: Our microwave recipes are tested in countertop microwave ovens that operate on 600 to 700 watts. Cooking times for these recipes are approximate since microwave ovens vary by manufacturer.

In a medium saucepan brown the pork in hot oil. Add the tomato, onion, wine, water, raisins, apricots, garlic, thyme, tarragon, salt, and pepper. Bring to boiling; reduce heat. Cover and simmer 1 hour. Add the green pepper and olives. Simmer the mixture, covered, for 5 minutes more.

Meanwhile, halve squash lengthwise; remove seeds. Place, cut side down, in a baking pan. Cover with foil. Bake in a 375° oven about 1 hour or till done. Invert onto serving platter; fluff squash with fork. Spoon hot pork mixture into squash shells. Garnish with the passion fruit wedges and fresh thyme. Makes 2 servings.

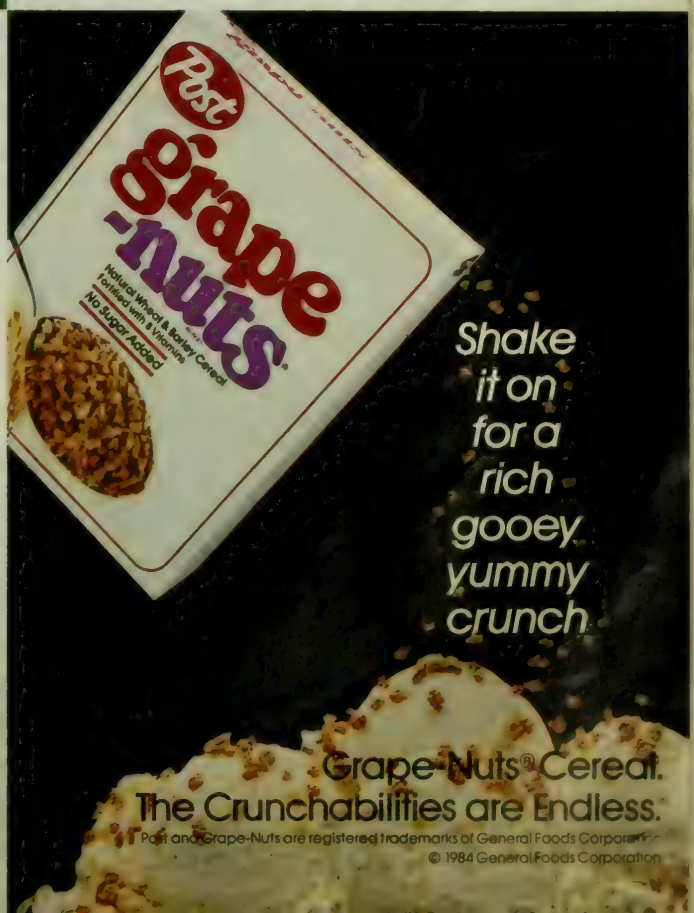
Microwave directions: Prepare the pork-fruit mixture as directed above. Meanwhile, halve squash lengthwise; remove seeds. Place, cut side down, in a 12x7½x2-inch nonmetal baking dish. Micro-cook, covered, on 100% power (HIGH) for 10 to 14 minutes or till done. Let stand 10 minutes. Invert onto serving platter; fluff squash with fork. Spoon hot pork mixture into squash shells. Makes 2 servings.

Per serving: 560 cal., 24 g pro., 40 g carbo., 34 g fat, 70 mg chol., 422 mg sodium. USRDA: 127% vit. A, 110% vit. C, 72% thiamine, 27% riboflavin, 34% niacin, 9% calcium, 31% iron, 34% phosphorus.

CHICKEN 'N CHIPS

Yogurt is combined with Neufchâtel cheese to make a creamy dipping sauce that's low in calories—

- 2 tablespoons cornmeal
- ½ teaspoon chili powder
- ⅛ teaspoon salt
- ⅛ teaspoon pepper
- ⅛ teaspoon ground red pepper
- 2 whole medium chicken breasts, skinned, boned, and cut into bite-size pieces (1-inch cubes)





Quick Fixin', Taste Ticklin' Peanut Butter Cookies.

Everybody loves cookies, especially when they're moist, chewy and peanutty as can be. They'll melt in your mouth—and vanish right before your eyes.

Good thing they're super-quick to fix, with Eagle® Brand. It's the original sweetened condensed milk—the one good cooks have trusted since 1857.

Bake a batch of these taste-tempters and watch 'em disappear. And whenever dessert counts, count on the Dessert Maker.

Easy Peanut Butter Cookies

(Makes about 5 dozen)

1 (14-ounce) can Eagle® Brand Sweetened Condensed Milk (NOT evaporated milk)
¾ cup peanut butter
2 cups biscuit baking mix
1 teaspoon vanilla extract
Granulated sugar

Preheat oven to 375°. In large mixer bowl, beat Eagle Brand and peanut butter until smooth. Add biscuit mix and vanilla; mix well. Shape into 1-inch balls. Roll in sugar. Place 2 inches apart on ungreased baking sheets. Flatten with fork. Bake 6 to 8 minutes or until lightly browned (do not overbake). Cool. Store tightly covered at room temperature.

Peanut Blossoms: *Shape as above; do not flatten. Bake as above. Press milk chocolate candy kiss in center of each ball immediately after baking.*



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File under Fish and Seafood

$100 WINNER
Kathryn Hillen,
Bartlesville, Okla.



Canned Fish Entrées

Pastry-Wrapped Salmon Ring

Kathryn serves this eye-catching entrée for special family dinners—

1 15½-ounce can pink salmon
1½ cups soft bread crumbs (2 slices)
2 beaten eggs
½ cup finely chopped celery
2 tablespoons finely chopped green pepper
2 tablespoons finely chopped onion
1 tablespoon lemon juice
1 8-ounce package (8) refrigerated crescent rolls
Dairy sour cream (optional)
Snipped chives (optional)
Tomato wedges (optional)
Celery leaves (optional)

Generously grease a 5-cup ovenproof ring mold; set aside. In a mixing bowl drain and flake salmon, removing and discarding skin and bones. Add the bread crumbs, eggs, celery, green pepper, onion, and lemon juice. Separate crescent rolls into triangles. Arrange triangles in ring mold, alternating points and wide ends of triangles so dough drapes over center and outer edges of the mold. Pat the dough lightly to line the mold. Pack the salmon mixture into the dough-lined mold. Turn the ends of dough over the salmon to cover. Press to seal. Bake in a 375° oven for 30 minutes. Loosen edges. Invert onto serving platter. Serve with sour cream and chives. Garnish platter with tomato wedges and celery leaves. Makes 4 to 6 servings.

File under Vegetables

$100 WINNER
Debra Tito
Diamond Bar, Calif.



Micro-Cooked Vegetables

Savory Mushrooms Sauté

This tasty side dish is excellent with poultry too—

2 tablespoons butter *or* margarine
2 tablespoons dry sherry
1 tablespoon lime juice
1 tablespoon minced dried onion
1 teaspoon fines herbes, crushed
¼ teaspoon garlic salt
1 pound fresh mushrooms, halved (5½ cups)

In a 2-quart microwave-safe casserole combine butter or margarine, sherry, lime juice, onion, fines herbes, and garlic salt. Micro-cook, uncovered, on 100% power (HIGH) for 1 minute, stirring once. Stir in mushrooms. Micro-cook, covered, 6 to 8 minutes or till mushrooms are tender, stirring twice. Makes 4 to 5 servings.



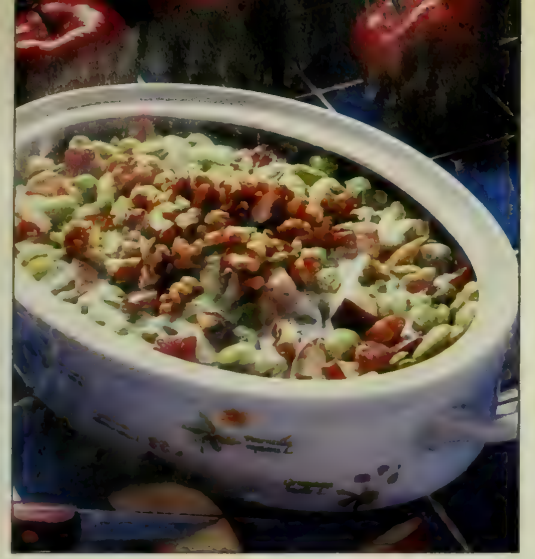


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File under Vegetables

$50 WINNER
F. Hill
Long Beach, Calif.



Micro-Cooked Vegetables

Lima Bean and Apple Casserole

Mayonnaise and sour cream provide the rich base for this saucy fruit and vegetable mixture that takes just minutes to cook—

- **2 10-ounce packages frozen baby lima beans**
- **1 medium apple, cored and chopped**
- **2 tablespoons water**
- **½ cup mayonnaise *or* salad dressing**
- **½ cup dairy sour cream**
- **1 tablespoon all-purpose flour**
- **1 teaspoon finely shredded lemon peel**
- **¼ teaspoon salt**
- **¼ teaspoon ground nutmeg**
- **⅛ teaspoon pepper**
- **¼ cup coarsely chopped walnuts**

In a 2-quart microwave-safe casserole combine frozen lima beans, apple, and water. Micro-cook, covered, on 100% power (HIGH) for 8 to 10 minutes or till beans are tender, stirring twice. Combine the mayonnaise, sour cream, flour, lemon peel, salt, nutmeg, and pepper. Stir into the lima bean mixture. Micro-cook, uncovered, for 3 to 4 minutes or till mixture is thickened and bubbly, stirring twice. Sprinkle with walnuts. Makes 8 servings.

Buying information, page 110.

File under Fish & Seafood

$50 WINNER
Mabel Pellettier
Rockville, Md.



Canned Fish Entrées

Tuna and Zucchini Cakes

Serve fresh steamed vegetables with this dressed-up fish patty—

- **½ cup chopped onion**
- **1 tablespoon butter *or* margarine**
- **1 6½-ounce can tuna, drained and flaked**
- **1 cup shredded zucchini**
- **2 slightly beaten eggs**
- **¾ cup seasoned fine dry bread crumbs**
- **⅓ cup snipped parsley**
- **⅛ teaspoon pepper**
- **2 tablespoons cooking oil**

In a small saucepan cook the onion in butter or margarine till tender but not brown. Remove from heat. Add tuna, zucchini, eggs, *½ cup* of the bread crumbs, parsley, and pepper. Stir till combined. Shape into six ½-inch-thick patties; coat with remaining bread crumbs. In a medium skillet heat oil. Cook the patties over medium heat about 3 minutes per side or till golden brown. Makes 3 servings.

Photographs: Scott Little

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Margaret Daly

How to Borrow Against Your PENSION



Need cash quickly? Here's a nifty new way you may be able to borrow at BARGAIN rates! What's more, the interest you pay goes right into your retirement nest egg.

Your pension may be one of the most economical sources you have available for borrowing money. Thanks to a change in the tax law a couple of years ago, all corporate pension and profit-sharing plans—but not Individual Retirement Accounts—are now eligible to lend money to plan participants. Under the new rules, such loans are not considered to be preretirement distributions, which would ordinarily be taxable as soon as you got your hands on the money.

Not all plans choose to provide this option, but if yours does, you could avoid considerable paperwork and get a loan at a cost that's often below that of comparable loans from other lenders. If your pension has NOT taken advantage of the law, and you have any hand in shaping the plan, you might want to explore getting this loan option approved for all participants—including yourself, of course. (The plan must be resubmitted to the IRS for approval.)

How much can you borrow?

The general rule is that you can obtain one half of the amount you have "vested"—by definition, those funds that would be yours at retirement according to your present balance in the plan. The maximum loan allowed is $50,000.

Note: The one-half limit does not apply if you have less than $10,000 vested. In that case, you can borrow up to the full amount that is vested in your plan.

What are the rules?

Individual pension plans write their own loan plans under general government guidelines. Check your retirement plan documents for details. You're entitled to a copy and may have one already in your files. (If not, ask.) You're also entitled to an annual update on how much you have vested to date; that will help you figure how much you might be able to borrow.

Retirement plan loans generally are repayable over a period of five years—longer, if the money is to be used to renovate your home or buy a new one.

There are no restrictions on what you can use the money for. The only caution: If you invest the funds in any tax-free vehicles, such as municipal bonds, the IRS will not allow you to deduct the interest on your income tax return.

What do they cost?

The rules require that interest rates be "reasonable." In reality, many plans peg rates to the prime lending rate, which gives you the same borrowing status as top corporations and is usually far less than comparable loans from regular lending institutions. Even if your plan charges more, remember that the interest is tax deductible, thus lowering your net costs after taxes.

The neatest trick is that all the money collected from you is reinvested in the plan tax free. That way, you help build up your retirement funds and get the interest tax deduction to boot!

How do you proceed?

Most plans require just a written request stating the amount and terms for repayment. Response time will depend on the size of the company. Large employers may take a month or so; smaller companies tend to process the paper faster. Once the loan is approved, you'll sign a note outlining your legal obligation to repay the loan.

Some plan trustees ask no collateral for the loan. Others may require that you secure the loan with something such as a second mortgage on your home. They'll arrange the deal, with minimal or no transaction costs.

Any cautions?

Don't forget that your retirement funds are depleted by the amount of your loan's outstanding balance. Most important, make your payments on time. Should you default, the IRS may treat the loan balance as a preretirement distribution of funds, subject to ordinary income tax rates as well as a 10-percent excess penalty. Also, in order to obtain a tax-free rollover distribution of your pension should you leave the company, you'll have to repay the loan. BH&G

—With Daniel Hinkel

Illustration: Steve Johnson

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Brussells Lace (often called Battenberg, Belgian, or Renaissance Lace) originated in Europe in the 15th century. Using stitchery skills you already have, our kits allow you to duplicate the lovely pieces shown by our Crafts Editors on pages 72-73 at a fraction of the cost of purchased lace.



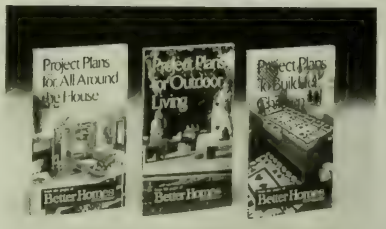
Choose from the delicate **Round Doily with a Set of Six Matching Coasters** or the lovely **Place Mat/Doily.** Both are available in traditional white or in antique-appearing cream. You may also fashion your own lace designs from the **Brussels Lace Braid** offered separately in two widths and both colors; each braid packet contains 50 meters (about 54½ yards).



Round up all your electronic component systems and fit them in the attractive **Multipurpose Media Center** shown by our Building Editors on pages 74-77. Our ***Better Homes and Gardens® Project Plan*** includes professional drawings, diagrams, instructions, and complete list of materials for the corner unit and two flanking storage units. **Build it yourself and save!**



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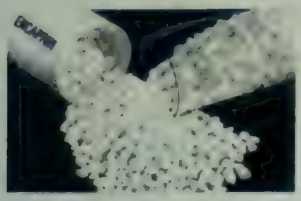
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Buying Guide

Most of the products shown editorially in *Better Homes and Gardens®* magazine can be obtained in leading local stores. For more information, write the manufacturers listed. Some privately owned or custom-made items are omitted from the product listing.

SUPER SOLUTIONS FOR KIDS' ROOM CLUTTER

Page 41: Wall covering—Henry Calvin Fabric, 724 Battery St., San Francisco, CA 94111. Recessed lights—Casella Lighting Co., 111 Rhode Island, San Francisco, CA 94103.

Page 43 (top): Desk lamps—George Kovacs Inc., 831 Madison Ave., New York, NY 10021. Reading lamps—Koch and Lowy, 21-24 39th Ave., Long Island City, NY 11101. Bedspread, pillow fabrics—David & Dash, 2445 N. Miami Ave., Miami, FL 33137. Desk chair—Thonet Industries Inc., 491 E. Princess St., York, PA 17405. Vertical blinds—LouverDrape, Inc., 1100 Colorado Ave., Santa Monica, CA 90401.

Page 44: Dolls on shelves—By Leslie, 2830 Cagua, NE, Albuquerque, NM 87110.

Page 45: Window shades—By Leslie (address above). Extension light—Luxo-Lamps Corp., Port Chester, NY 10573. Quilt—Rita's Quilt & Sewing Center, 1606 Central Ave., SE, Albuquerque, NM 87110. Telephone—American Tela Communications Corp., 9620 Flair Dr., El Monte, CA 91731.

EASY-TO-MAKE BRUSSELS LACE

Pages 72-73: Table lamp, tea set—Laura Ashley, Inc., Mail Order Dept., 55 Triangle Blvd., Carlstadt, NJ 07072. Wallpaper, curtain fabric—Eisenhart Wallcoverings Co., P.O. Box 464, Hanover, PA 17331. Brussels lace kits—Hansi's Haus, 246 Fifth Ave., New York, NY 10001. Dried flowers—General Housewares Corp., Giftware Group, Box 670, Hyannis, MA 02601. Child's clothes—Enchanted Cottage, 3811 Ingersoll Ave., Des Moines, IA 50312.

A MULTIPURPOSE MEDIA CENTER

Page 74: Waferboard "Waferwood"—Louisiana Pacific Corp., 1827 Walden Office Sq., Suite 105, Schaumburg, IL 60195.

PAY-AS-YOU-GO DECORATING

Page 78 (right): Carpet—Stratton Ind., P.O. Box 1007, Cartersville, GA 30120. Paint—Martin-Senour, 1307 Ontario St., Cleveland, OH 44113. Tablecloth—Brunschwig & Fils, 410 E. 62nd St., New York, NY 10021. Blinds—Levolor Lorentzen, 1280 Wall St., W. Lyndhurst, NJ 07071.

Page 79: Carpet—Stratton Ind. (address above). Paint—Martin-Senour (address above). Side chair, toss pillow fabric—Brunschwig & Fils, Inc. (address above). Sofa fabric—Kravet Fabrics, Inc., 225 Central Ave., S. Bethpage, NY 11714.

Page 80 (center): Carpet—Stratton Ind. (address above). Paint—Martin-Senour (address above). Servers—Bassett Furniture Ind., P.O. Box 626, Bassett, VA 24055. Wall-mount lamp—Spiegel, 1061 W. 35th St., Chicago, IL 60672. Blinds—Levolor Lorentzen, Inc. (address above). Mirror panels—Binswanger Mirror Products, P.O. Box 171173, Memphis, TN 38187. (Bottom): Chair fabric—Brunschwig & Fils, (address above). Raspberry pillow fabric—Clarence House, 40 E. 57th St., New York, NY 10022. Wall-mount lamp, torchère—Spiegel (address above). Blinds—Levolor Lorentzen (address above).

Page 81: Carpet—Stratton Ind., Inc. (address above). Chairs, toss pillow fabric—Brunschwig & Fils (address above). Sofa fabric—Kravet Fabrics (address above). Raspberry pillows fabric—Clarence House (address above). Cocktail table—DIA, 123 Empire St., Montpelier, OH 43543. Wall-mount lamp, torchère—Spiegel (address above).

AT-HOME SPAS

Page 82: Whirlpool—Riviera Pools and Spas, 11735 Sheldon St., Sun Valley, CA 91352.

Page 83: Whirlpool—Pearl Baths, Inc., 6801 Shingle Creek Pkwy., Minneapolis, MN 55430. Whirlpool faucets—Broadway Collection, 250 W. Troost, Olathe, KS 66061. Windows—Pella Windows and Doors, Rolscreen Co., 100 Main St., Pella, IA 50219. Towels—Fieldcrest Mills, Inc., 326 E. Stadium Dr., Eden, NC 27288.

Page 84: Redwood spa—Indian Spa Mfg. Co., 550 Francisco Blvd., W, San Rafael, CA 94901.

Page 85 (top): Whirlpool—Polynesian Pools, 905 Brooks Ave., Holland, MI 49423. Ceramic tile "Earthstone"—Florida Tile, Div. of Sikes Corp., P.O. Box 447, Lakeland, FL 33802.

HEARTY BARE-BONE SOUPS

Page 86: Soup bowls, plates "Renaissance White"—Mikasa, 41 Madison Ave., New York, NY 10010. Spoon—Yamazaki Tableware, Inc., 41 Madison Ave., New York, NY 10010.

GOOD-FOR-YOU MAIN DISHES

Page 89 (right): Plate—Corning, Consumer Products Div., HP-EB-1, Corning Glass Works, Corning, NY 14830. (Bottom): Mugs—The Pfaltzgraff Co., P.O. Box 1069, York, PA 17401. Plate, tumbler—Sodahl America, Inc., 600 Cleveland St., Suite 990, Clearwater, FL 33515. Fork—Ginkgo, Inc. Ltd., 5107 Chase Street, Downers Grove, IL 60515.

Page 90 (top): Mugs "Marimekko"—The Pfaltzgraff Co. (address above). (Bottom): Paper plate, napkin—Halls, Inc., 505 Armour Rd., North Kansas City, MO 64116. Mug—Waechtersbach USA, Inc., 8300 NE. Underground Dr., Kansas City, MO 64161. (Right): Plate—Ginkgo, Inc., Ltd. (address above).

PRIZE TESTED RECIPES

Page 103 (left): Plate "Blue"—Franciscan, 2901 Los Fellz Blvd., Los Angeles, CA 90039. Bowl—Bur Oak, Star Route, Laporte, MN 56461. (Right): Plate, cup, saucer "Petite Fleur"—Villeroy & Boch Tableware Ltd., 41 Madison Ave., New York, NY 10010.

Page 104 (left): Casserole—Anchor Hocking Glass Corp., Fifth & Pierce Sts., Lancaster, OH 43130. (Right): Glasses "Sparkle Clear"—Noritake Co., Inc., 41 Madison Ave., New York, NY 10010.





cover the floor in front of the hearth with a flame-resistant mat or pad.

Radiant heat buildup

Flammable materials can ignite on their own if exposed continuously to temperatures above 200 degrees F., so be sure there's ample clearance between your wood-burning unit and the surrounding surfaces. Less clearance is needed for prefab fireplaces, but wood-burning stoves should be at least 36 inches from combustible wall and ceiling surfaces (clearances for flues vary according to type). The National Fire Protection Association (NFPA) recommends that stoves with 2- to 6-inch legs be placed on a noncombustible, hollow-masonry base measuring at least 4 inches thick; stoves with legs longer than 6 inches should stand on a masonry base measuring at least 2 inches thick. In each case, the base should be covered with 24-gauge sheet metal (or an extra layer of masonry). To determine proper clearance for your wood-burning unit, check with the dealer, the manufacturer, or your fire department.

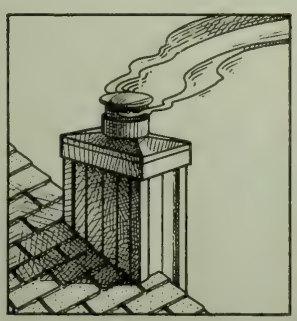
Creosote buildup

As hot fumes rise up the chimney, they cool and form a residue in the flue. If it builds up, this residue can fuel a chimney fire. To avoid this kind of hazard, clean the chimney at least once each heating season with a steel brush designed for this purpose, or hire a professional chimney sweep.

Illustration: Tom Rosborough

EQUIPMENT

Safety Tips for Wood-Burners



Few of us can resist the appeal of a bright, crackling fire on a blustery winter evening, but it's important to keep safety in mind while you're soaking up hearthside warmth. To ensure that the fire in your fireplace or wood stove burns safely, make a habit of observing these simple and sensible precautions.

Hearthside precautions

Hot gases inside burning wood can propel sparks or coals several feet from the firebox, logs can shift or roll off the grate as they burn, and hot particles can shoot right through a steel mesh curtain. The best protection is constant vigilance or a set of glass doors on the firebox. Never leave a fire or bed of coals unattended when the firebox is exposed. Also, outfit the firebox with andirons or a cradle-shaped grate, and



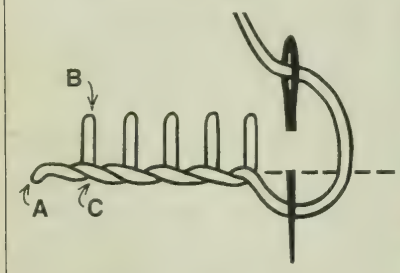
begins on page 72

Brussels lace

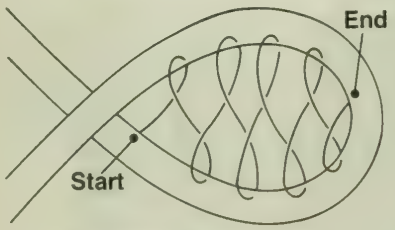
BRUSSELS LACE DOILY, page 72

To order kits for Brussels lace projects, see page 108.

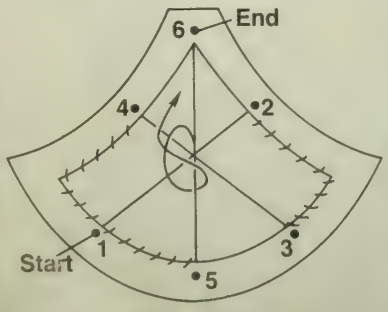
Materials: 11½ yds. ⅜-in.-wide white Brussels (or Battenberg) lace tape; two 19x24-in. sheets velum tracing paper (available at art stores); permanent felt tip marking pen; black and white cotton sewing thread; 3 skeins white pearl cotton; 11¾x12-in. piece white linen; embroidery scissors; utility or crafts knife; iron; spray starch.



BUTTONHOLE STITCH



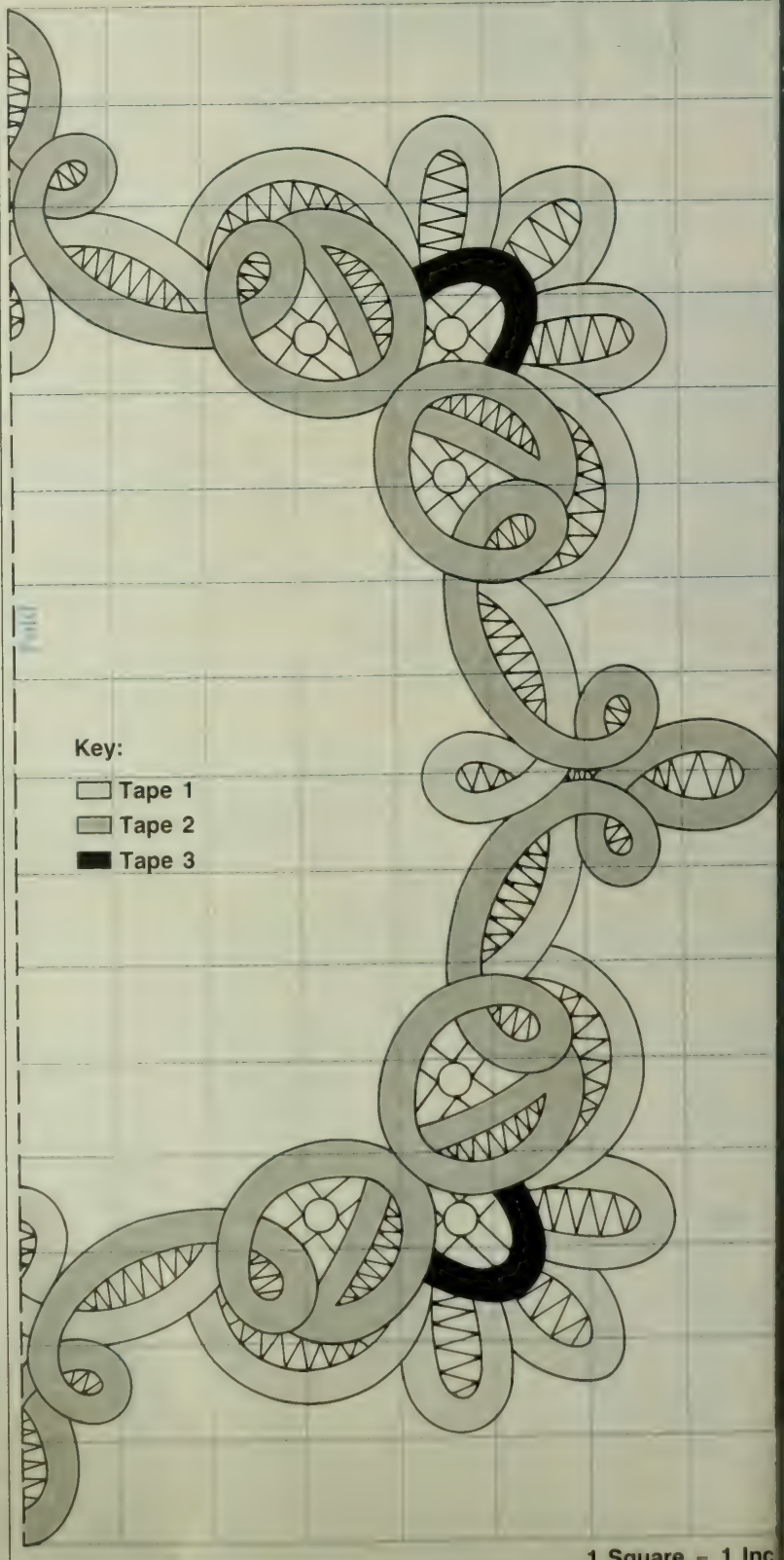
RUSSIAN STITCH



WHEEL STITCH

General instructions: Brussels lace (often called Battenberg, Belgian, or Renaissance lace) originated in Europe in the 15th century. It is made with a sewing needle, thread, and a special braided tape (available at crafts stores).

continued



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Good Housekeeping

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continued

Brussels lace

Originally tapes were handmade, created with a bobbin, but ready-made tapes are now widely available. The tape used for Brussels lace is very plain to enhance the filling stitches.

Drawstrings are stitched into Brussels lace tape along both edges. When one of the drawstrings is pulled, the tape can be gently gathered and curved to form looped designs.

Battenberg lace is worked on a paper pattern; lace tape is basted to the paper and filling stitches are worked in pearl cotton thread. Linen often is used to fill the center of the design.

Instructions: Enlarge pattern on *page 112* and complete the design by flopping pattern. Transfer entire design and all stitch markings onto velum. Do not transfer color gradations; instead, simply refer to the original pattern when basting lace tape to paper pattern. Wrinkle paper pattern slightly for flexibility, being careful not to tear paper.

As you work the design, the side that faces up is the *wrong side.* Lace tape is basted to pattern in 3 pieces: tapes 1, 2, and 3, attached in that order. Cut tape into 3 pieces: 5 yds. for tape 1; 6 yds. tape 2; ½ yd., tape 3.

Crimp entire length of tape 1 slightly by gently pulling the drawstring along one side. Do not pull too tightly or tape will lose its shape.

To attach tape 1 to paper pattern, start in the middle of one side. Curve a small portion of tape at a time, following pattern and basting tape in place as you go, using dark cotton thread. Continue basting, making sure tape lies flat and follows curves, until entire length of tape 1 is attached.

(*Note:* Always move in same direction when basting tapes in place and keep crimped edge of drawstring along same side.)

For tight curves or folds, pull drawstring tighter. When beginning and ending tapes, leave ends loose so they can be whipstitched to tapes that are already basted (using white thread).

Attach tapes 2 and 3 in same way as tape 1, referring to original pattern for color gradations. Press lightly between each basting. When all 3 tapes are basted, stitch together tapes that touch or cross over using white pearl cotton and invisible stitches. These stitches remain in the finished lace but do not show through.

Using pearl cotton and referring to diagrams and markings on pattern on *page 112*, fill open areas with Russian and wheel stitches. Remember that wrong side is facing up and stitches are worked above the paper pattern.

Russian stitch is worked by starting at the bottom of the opening and loop

ing the pearl cotton from side to side (see diagram). For wheel stitch, an uneven number of foundation threads are stretched over opening (see diagram). To finish wheel, alternately guide needle under and over stretched threads 4 times. To end stitch, guide thread through center of wheel and attach last foundation thread.

With lace still attached to paper, press well. Press linen fabric and pin linen to lace (linen will be larger than center opening but will be trimmed after it is attached). With pearl cotton, buttonhole-stitch around inner edge of lacework to join lace tape and linen. Refer to stitch diagram on *page 112*. When completed, clip linen to within ⅛ in. of tape.

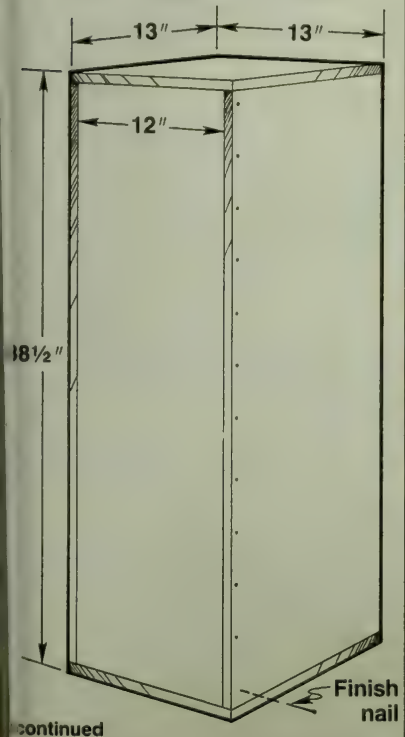
To remove lace from paper, cut dark basting stitches carefully with utility knife or embroidery scissors, leaving paper pattern intact. Use tweezers to remove clipped threads. To finish, press with spray starch.

Pedestal and table how-to

Begins on page 78

PEDESTAL

½" Plywood/Particleboard

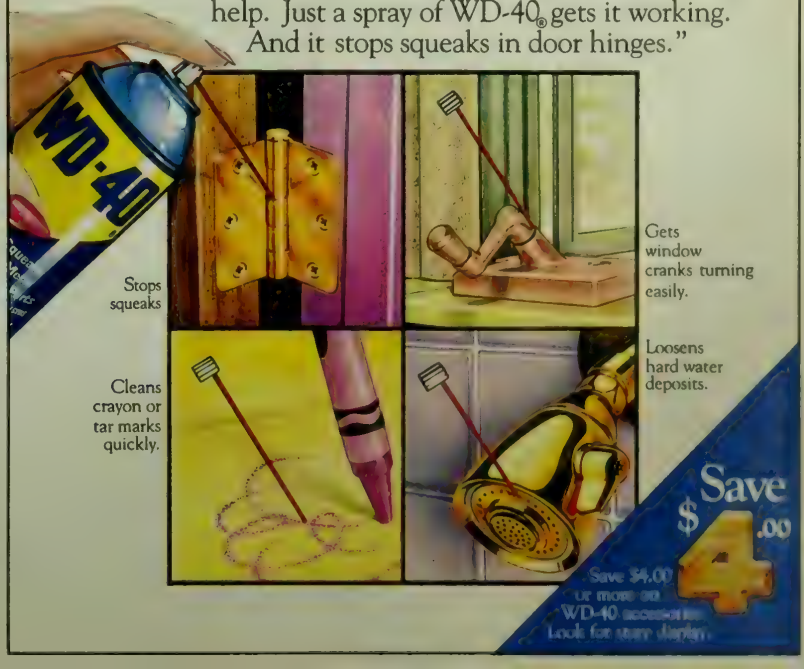


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Pedestal and table how-to

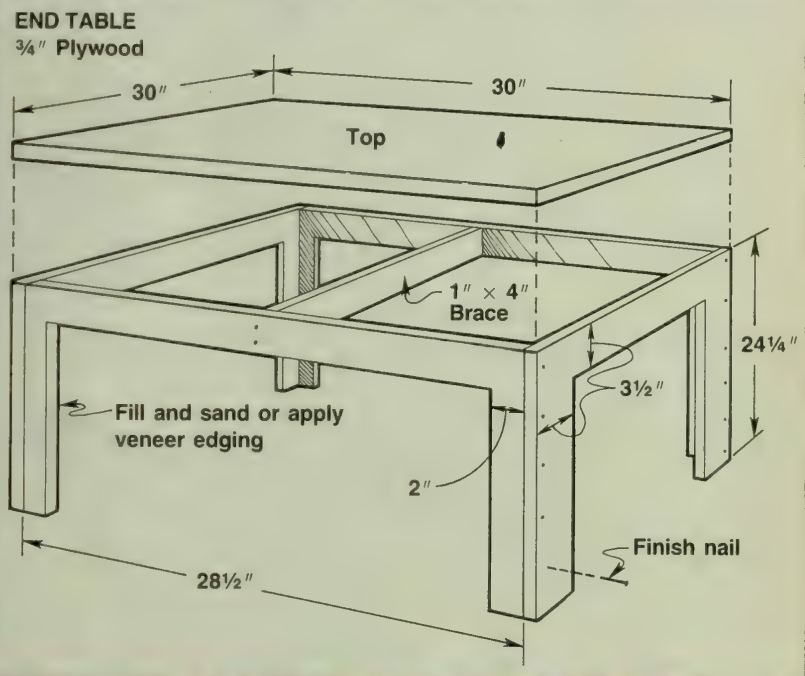
Make the parsons table of ¾-inch furniture-grade plywood and the pedestal of ½-inch plywood or particleboard. The choice of material for a small pedestal is not as important as for a table that needs extra strength.

Begin by cutting all parts to size. Use butt joints to assemble the pedestal with finishing nails and glue. Check for square and leave the assembly undisturbed until the glue dries.

Before assembling the table parts, fill and sand or apply veneer edging to the inside edge of the legs. Assemble the leg parts with finishing nails and glue. Join this assembly to the top immediately to assure that your structure is square. Turn the table over and install the 1×4 cross brace. The brace can be plywood or fir.

After about 24 hours, when the glue in both projects is completely dry, set all nails and fill holes with wood putty. Sand all surfaces completely smooth.

If you are painting, use several undercoats of polyurethane varnish to help seal and smooth over tiny irregularities. If you are applying plastic laminate, do opposite sides first and the tops last.



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p chopped celery
p chopped green pepper
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p soft bread crumbs
g, slightly beaten
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Gardener's Log

In the midst of winter, I finally learned that there was in me an invincible summer.

—*Albert Camus*

1985 ALL-AMERICA SELECTIONS

Gardeners everywhere this month dream of an early spring and pore over the seed catalogs that arrive daily in the mailbox. But even a seasoned gardener may scratch his head in confusion trying to make choices among the growing list of flower and vegetable varieties available. Instead of randomly selecting the seeds you buy, look for the seal of the All-America Selections, a nonprofit association that annually recognizes superior new flower and vegetable varieties.

The 1985 AAS winners are surefire bets for both the novice gardener, who wants encouraging results from his first garden, and the more experienced grower, who wants to try something new yet reliably productive in this year's garden. Here are the five new flower varieties and two new vegetable varieties that joined the list of AAS winners this year.

Gazania Mini-Star Tangerine

The bright orange blossoms of Gazania Mini-Star Tangerine will create a galaxy of color in your garden. Rising to international stardom, this unique gazania received recognition from Fleuroselect, the European equivalent to the AAS. The Mini Star reaches a height of only 8 inches and forms dense clumps of 2½- to 3-inch-diameter daisy-like flowers. The ground-hugging foliage is dark green.

Geranium Rose Diamond

You can have a pot of colorful jewels on your patio or deck with the Geranium Rose Diamond. Also good for sunny flower borders, this dwarf variety has three to five flower stalks on each plant. Blooming earlier than other geranium types, Rose Diamond produces 3- to 3½-inch, rose-pink blossoms for an ongoing summer display.

Celosia Century Mixed

By planting a mass of Celosia Century Mixed, you can set your garden ablaze for the whole summer. Bearing a mixture of 13-inch-long red and yellow plumes on 28-inch-tall plants, these semidwarf annuals look like dancing flames of color. Century Mixed offers brighter hues than other celosia varieties and will provide a fiery backdrop for shorter plants in a mixed flower border. Instead of fizzling out in late summer, Century Mixed will glow till frost.

Verbena Trinidad

For a solid carpet of color, you can't top Verbena Trinidad. The dense clusters of rose-pink blossoms on this annual form natural bouquets above mounds of dark green foliage. Trinidad grows to 10 inches in height, making it a versatile plant for borders, pots, and window boxes. Grouping several plants will give the best color effect.

Zinnia Yellow Marvel

It's difficult to improve a good thing, but this year's AAS-winning Zinnia Yellow Marvel is an example of a good flower made great. Producing large yellow blossoms on bushy 15- to 20-inch-tall plants, Yellow Marvel blooms earlier and longer than older zinnia varieties. Its steady procession of blooms all summer make this annual a perfect candidate for the middle of a border.

Lettuce Red Sails

Who says all salad "greens" have to be green? The deep bronze leaves of Red Sails lettuce are prizewinners both in the garden and in salads. This flavorful loose-leaf lettuce produces large wrinkled leaves that develop into a full 12- to 15-inch-diameter head. An early-maturing variety, Red Sails is ready to pick 45 days after planting and has more vitamins than other lettuce types. Plant Red Sails among other vegetables, or use it as an ornamental edging in flower borders. For a continous harvest, sow seeds at two-week intervals from early spring till early summer.



Gazania Mini-Star Tangerine

Scalloped Squash Sunburst

Small-space gardeners will appreciate the compact growth of the Scalloped Squash Sunburst. This plant spreads to form a 2½x2½-foot bush, and produces bright yellow flowers that develop into yellow, 3x2-inch scalloped fruits. Quicker to mature than other squash varieties, Sunburst can be harvested 50 days after planting. The squash has a delicate, buttery flavor.

Illustration: S. D. Schindler

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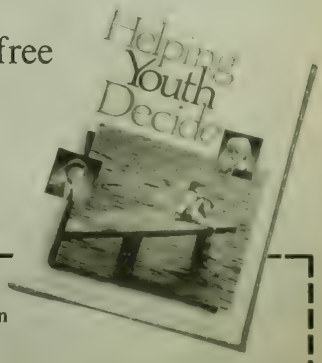
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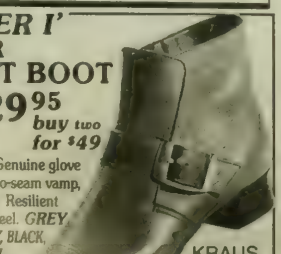
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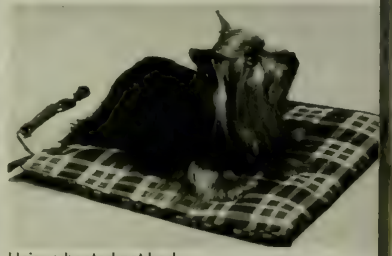
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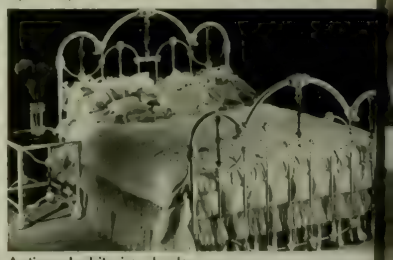
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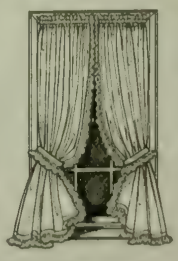
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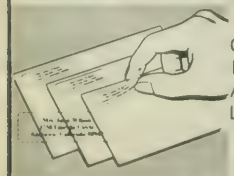
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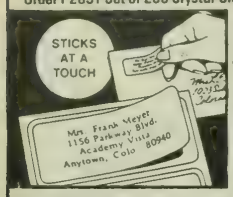
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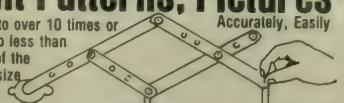
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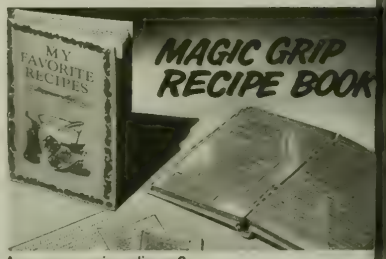
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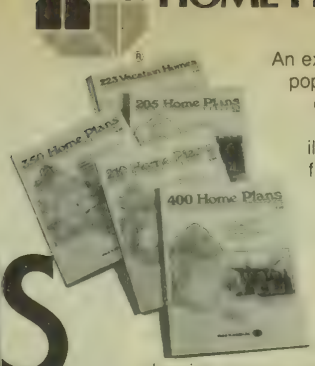


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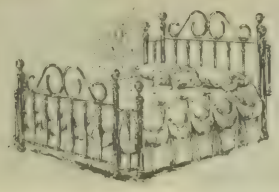
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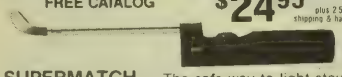
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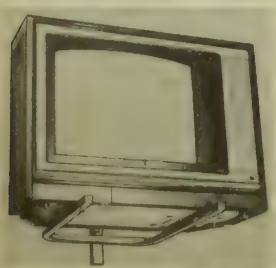


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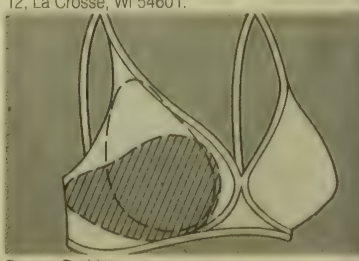
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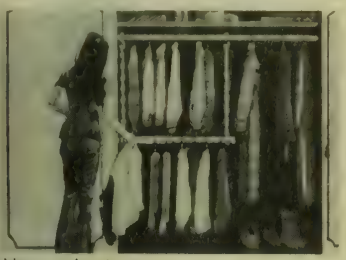
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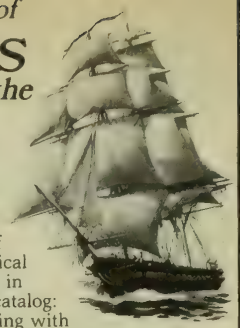
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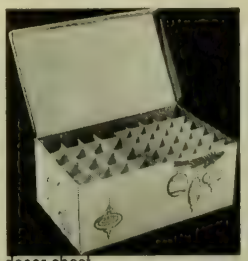
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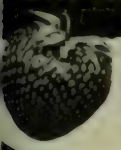
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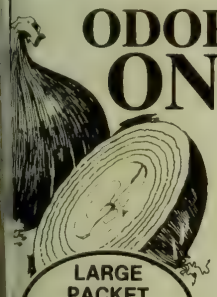
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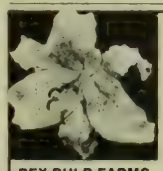
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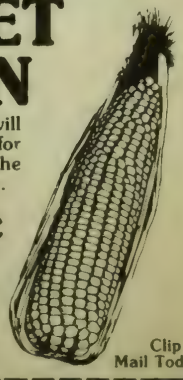
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The Man Next Door®

It seems people are forever battling the elements. Ages ago it was wind, rain, and fire. Now it's electric, water, and gas bills.

On our latest foray to the supermarket, Burt, Jr., snacked on free samples of a new diet drink, frozen shrimp, cocktail wieners, crackers, and yogurt. I figure the store saved me about $15 in groceries.

Editor Earl Reeves reports that the basic principle of any press conference is this: "First someone stands up to answer questions, then someone else gets up to question answers."

At our house, we call the junk we'd rather the postman didn't deliver "no-class mail."

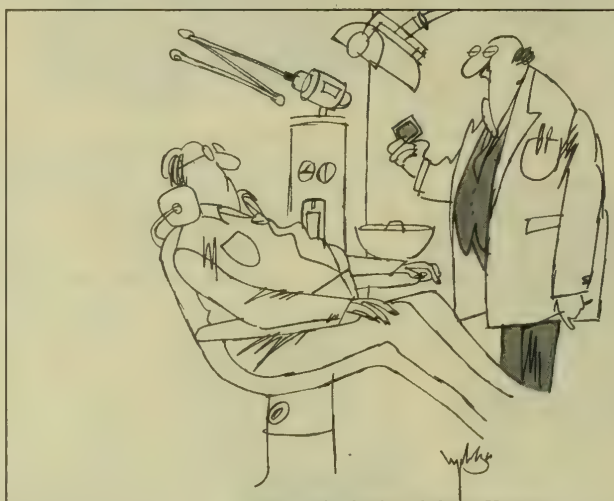
After fighting the mob at a sale downtown, Dot Dresch decided that it's time to deprogram all those folks who took assertiveness training classes.

Elaine Cowan cautions that folks who get up at night to raid the fridge soon find themselves wide awake, but mostly just wide.

Our young college friend says his dorm is known on campus as Wise Acres.

I cringed when I heard the radio announcer quip on January 1, "Only 364 shopping days until Christmas!"





"From the looks of these X rays, you're going to have a cavity in your wallet."

Congressman Nick Hanfli, back from Washington for a brief stay, notes that if Congress had drafted the Ten Commandments there probably would have been ten amendments tacked on at the end.

Judy has observed that our letter carrier Mr. Nolin has the spring back in his step and a smile back on his face, now that the holiday mail crunch is past.

Dot Dresch confides that her husband Dick definitely is a "sound" sleeper, judging by all the noise he makes snoring.

Balding Bill Norman has a simple explanation for his shiny top—his head is so perfect that it doesn't need to be covered up by a lot of hair like everyone else's.

Betty Bigley thinks it would be smart of the folks at the mall to add a third rest room. There'd be one each for men, women, and parents of children in snowsuits.

Latest sign posted in front of the health club at the mall: "Come on in and waist away."

In our part of the country, this is the time of year when many of us wonder why on earth we live where we do. The days are short, the nights are long, and even the sunshine can look awfully cold at times. Cabin fever reaches epidemic proportions inside the snow-drifted houses on our block.

This winter, we Hillises decided to quit complaining and accent the positive by trying a new sport—cross-country skiing. At first, we took a lot of spills, but we soon learned that snow makes an excellent cushion.

A nearby golf course with gentle hills and long, flat stretches was our initial practice area. Burt, Jr., and Judy caught on much faster than Chris and I did, but now we're all able to slide along with a minimum of sprawling. Lately we've been discovering the serene winter beauty of the fields and woods near our home.

The marvelous thing about the sport, besides its being so much fun, is that you stay warm even at zero degrees. The harder you work, the warmer you are. The only drawback is that our new pastime requires snow. But then again, maybe snow isn't so bad after all. . . .

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1/3 cup wine vinegar
1 tbs. snipped fresh parsley
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1/2 tsp. salt
1/4 tsp. dry mustard
1/4 tsp. pepper
1 clove garlic
Combine all ingredients in jar. cover and sha until blended.

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Broccoli Tuna Roll-Ups

1 can (10¾ oz.) condensed cream of mushroom soup
1 cup milk
1 can (10 oz.) tuna fish, drained and flaked
1 package (10 oz.) frozen broccoli spears* thawed, drained, and cut in 1-inch pieces
1 cup (4 oz.) shredded Cheddar cheese
1 can (2.8 oz.) Durkee French Fried Onions
1 tomato, chopped (optional)
6 small (7 inch) flour tortillas

Combine soup and milk; set aside. Combine tuna fish, broccoli, ½ *cup* cheese and ½ *can* French Fried Onions. Stir in ¾ cup soup mixture. Divide tuna mixture evenly between the tortillas and roll up; place seam side down in a lightly greased 9 x 13 inch baking dish. Stir tomato into remaining soup and pour over top of tortillas. Bake, covered, at 350° for 35 minutes. Top center of tortillas with remaining cheese and onions and bake, uncovered, 5 minutes longer.
MAKES 6 servings.

**2½ cups fresh cut-up broccoli, cooked, may be substituted.*

Make your own casseroles even better:

1. Stir in ½ can with other ingredients for zest and flavor.
2. Sprinkle remaining onions over casserole during last 5 minutes of baking for a magnificent crunchy topping.

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Peanut butter adds a new and delicious twist to that traditional favorite snack—crispy treats.

They're still simple and fun to make, but the KARO peanut butter recipe makes them new and more loveable than ever.

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New Peanut Butter Crispy Treats

1 cup KARO® light or dark corn syrup
1 cup sugar
1 cup Skippy® creamy or super chunk peanut butter
6 cups Rice Krispies® cereal

Grease 13" x 9" x 2" baking pan. In large saucepan over low heat stir together first three ingredients. Stirring constantly, bring to boil and boil 3 min. Remove from heat. Add cereal; toss to coat well. Press into pan. Cool. Cut into 2" x 2" squares. Makes 32.



Karo. The simple way to simply delicious snacks.

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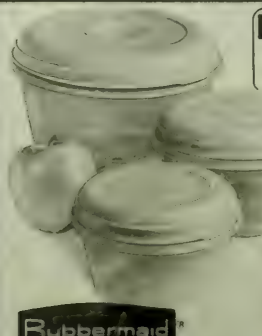
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Editor At Large

It's news to no one that American family lifestyles have undergone radical changes in recent years. We've all seen the changes, sometimes in our own family and on our own block. We've seen a flood of articles on divorce, single-parent families, two-income families, and couples who delay having children.

But the reality of these changes came home to me in a very personal way not long ago in, of all places, my home workshop. As I was finishing up the third cradle I've made in a year, it occurred to me that if I'd seen myself in a crystal ball 20 years ago making cradles in 1985, I'd have assumed that the cradles would be for my grandchildren. But no, I made the cradles for women in their late 30s who just now have decided to start a family. All three are women who have had to interrupt successful business careers to have their babies. My own kids have decided to wait until they have their careers a bit further along before taking on the responsibility of children. And all of them, all six couples, have worried a lot about the correctness of their decisions. I know, because they're all my friends.

What we're all really searching for are the human solutions that allow us to lead a happy family life, even though the definition of family has undergone some hefty changes.

Beyond the concerns of these young couples, I'm constantly involved with family lifestyle changes, as are all the members of our editorial staff. We spend all day, every day, working on a magazine that has no other purpose than to serve American families.

Two examples of our umbrella concern for family matters appear in this issue—a story about a family that stays healthy together, on *page 20*, and one on advice to stepparents, *page 67*.



Making cradles for the '80s . . .

Both address contemporary family life, and both, I think, are wonderfully helpful. But, in a way, they're a bit old-fashioned, as well. Their approach to the problems and solutions is really no different than what we've been doing, and those before us, for 63 years now. We're offering sensible, practical advice that you can use with your own family—no miracles promised, no sensationalism, no weird psychological theories—just thoroughly researched ideas and information.

Actually, I don't think that's old-fashioned at all, because the basic values of family life haven't changed. The changes that we worry about are really just the details of living arrangements.

What we're all really searching for are the human solutions that allow us to lead a happy family life, even though the definition of family has undergone some hefty changes. We want to help because we're all family people here, some with '50s families like mine, and some with bright new '80s families, like my friends who inspire me to make cradles and sawdust.

David Jordan

David Jordan, Editor

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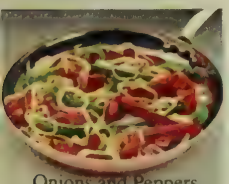
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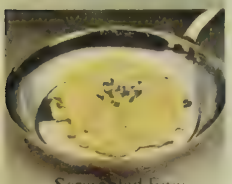
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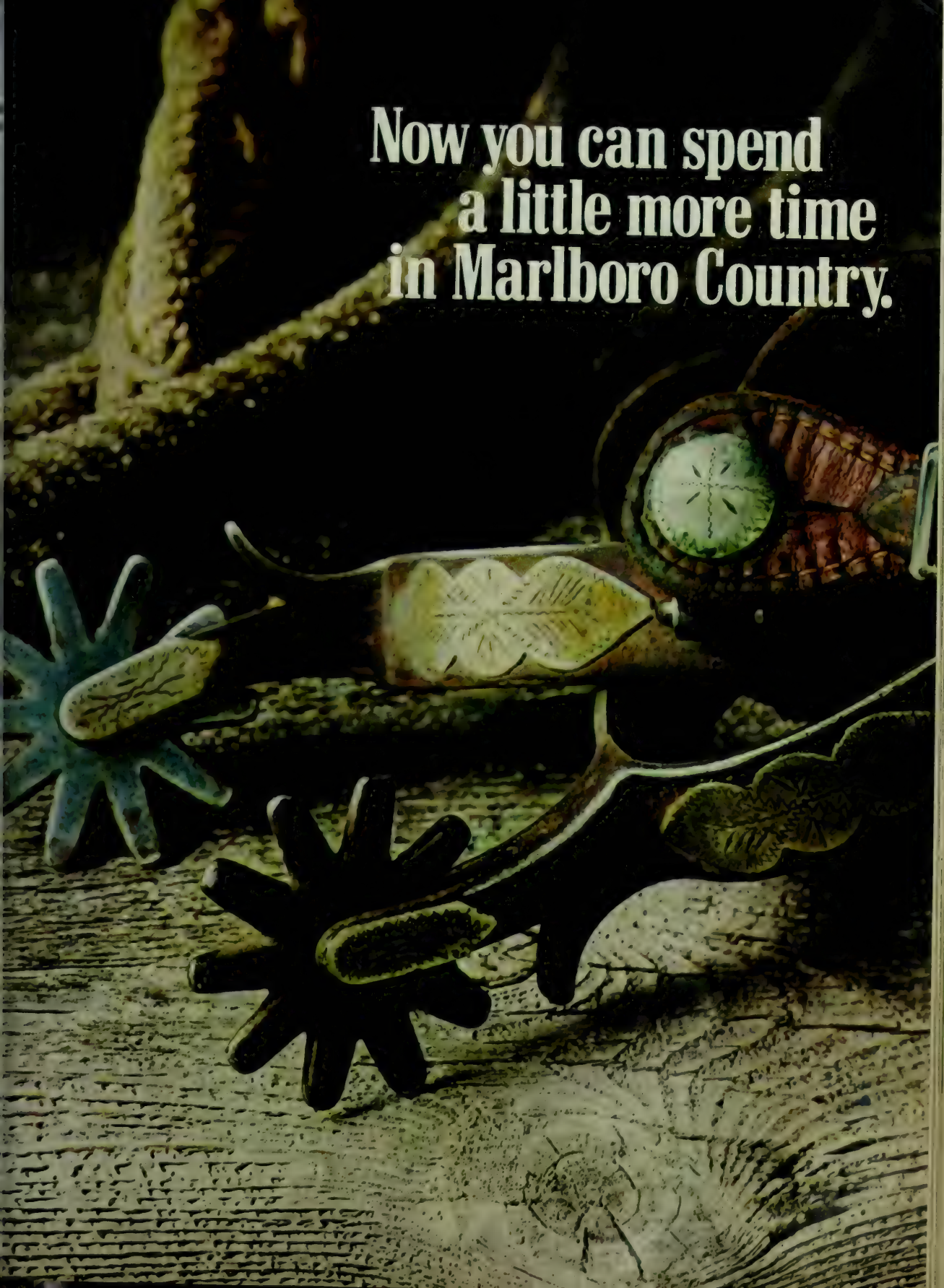
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FLAVORFUL JAMS

Home-style preserves made from regional ingredients plus European imports are selling like hotcakes in fancy food shops, even at $10 a jar. Some of the best-selling spreads include ingenious fruit blends (fig-orange), vegetable-based (yellow tomato), and low-sugar versions of old favorites.

SALT ON LABELS

Regulating the amount of salt in your diet will be much easier after July, 1985. The FDA has ruled that by then all nutrition labels on processed foods must include the sodium content. Presently, only the amount of calories, protein, carbohydrate, fat, and seven vitamins and minerals are required to appear in nutrition information (found on more than half of all processed foods).



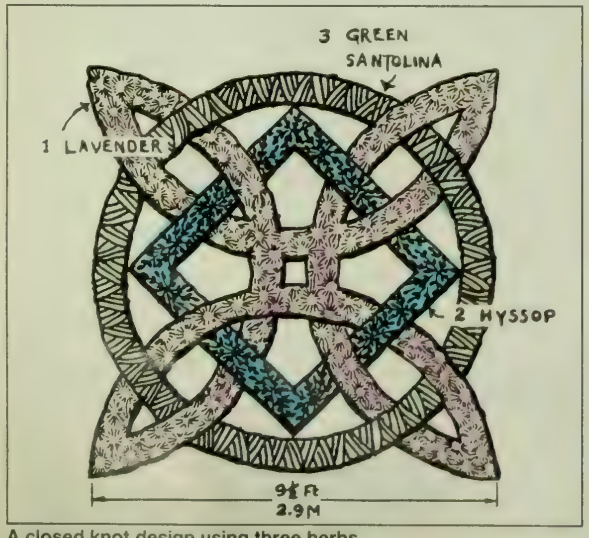
American Standard's computerized bathtub.

COMPUTERIZED BATHROOMS

Those electronic gremlins that do the thinking for your microwave and videocassette recorder are about to invade your bathroom. The next wave of electronic wonders is likely to include a tub that keeps the bath water warm and answers the phone, a toilet that adjusts to different seating heights, and a mirror that defogs automatically. These and other new wrinkles are emerging from an international symposium on bathroom design hosted in Toronto by the International and Export Group of American Standard Inc., a leading manufacturer of plumbing and bath products.

BALI HA'I IS CALLING . . .

The Margaret Mead Hall of Pacific Peoples opened last month at the American Museum of Natural History, Central Park West at 79th St., New York. Color-coded zones create the appearance of islands floating on a sea of blue terrazzo tile. Each zone will focus on one of the six major cultural areas of the Pacific. From cooking utensils to religious statuary, the hall presents the full range of the culture of the people who lived on the islands of the Pacific. Large items include an elaborately carved Maori storehouse from New Zealand and a cast of a 12-foot-high head from Easter Island. Don't miss the collection of Maori tattooed heads or the dowry of goods a Manus bride wore on her back.



A closed knot design using three herbs.

HERB GARDENING SIMPLIFIED

Herb lovers will find both inspiration and practical ideas in *Herb Garden Design,* by Faith Swanson and Virginia Rady. This 165-page volume contains 51 herb garden designs you can re-create. There's a two-color sketch of each garden, complete with dimensions, plant list, and structural details. The book is available for $30 hardback or $15.95 softback, plus $1.50 postage and handling, from University Press of New England, Box 979, Hanover, NH 03755.

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Dan Kaercher

KEEPING FIT & HEALTHY

How Terry and Paula Plum Get Their Family into It

No crash diets, no miracle exercise plans—just sensible eating and an active lifestyle keep this family in top shape. The Plums aren't "perfect" by any means—they're a busy family like yours who make fitness a top priority. What can you learn from them? Read on. . . .





It's clear that the Plums *enjoy* fitness—whether it's Jeremy playing soccer (*above*) or Jeremy and Andrea powering a family canoe trip (*above right*).

Step inside the front door of the Plums' California-contemporary subdivision house near San Diego and just listen for a moment. Chances are good that you'll hear either a station wagon pulling into the garage, the phone jangling, the dog barking, or the baby crying—or all of the above at the same time. It's a very busy household.

Still, the Plums—Terry, 32; Paula, 31; Jeremy, 13; Andrea, 11; and Joshua, 2—manage to put family fitness at the top of a hectic schedule. The Plums have to struggle with their share of everyday hassles and minor illnesses, just as all families do. But what impressed us when we visited them was their genuine commitment to fitness, in spite of all the excuses that can get in the way. "We've learned to *make* time for fitness," Paula Plum says.

Fighting flab with exercise and sound nutrition

"You're getting a little flabby," was the way the family doctor summed it up after a routine physical a couple of years ago. That's when Terry, a CPA and partner in an automotive firm, made some big changes in his lifestyle.

Concerns about Terry's cholesterol level (there's a history of heart disease in his family) prompted Terry to cut way back on red meat in favor of poultry and fish, and to switch to low-fat milk. Long an on-again, off-again jogger, Terry also started exercising regularly—running with friends in the canyons near home or swimming at a pool near the office, partly to alleviate the stresses of a demanding job.

Since the fateful physical, Terry has shed about 10 pounds, but it looks like more because his muscle tone is much tighter. "I'll always have to struggle, though," Terry admits.

At just about the same time Terry changed his philosophy, Paula was taking a critical look at herself after the birth of Joshua. A child development specialist who's devoting full time to her family, Paula taught at a preschool during her pregnancy "and nibbled right along with the kids at snack time. I knew I had to get back in shape."

Thanks to sound nutrition and a regular exercise program that includes aerobics klatches with some neighbors, Paula has shed 15 pounds without any crash dieting and won her figure back. "We've gotten a lot busier in the past couple of years. It's forced us to eat right and exercise more," Paula says.



Father and daughter share their enthusiasm for neighborhood jogs.

Giving the children an active start in life

Terry and Paula are determined to get their youngsters off to a healthy

continued

Photographs: Lisl Dennis

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Keeping fit and healthy

beginning in life—by example as well as by admonition.

It's no surprise when Jeremy says "I like to be doing something instead of watching TV." His wide-ranging interests include skateboarding, baseball, soccer, biking, and track. Andrea isn't as high on sports as Jeremy—her favorite pastime is reading—but she's definitely no slouch. "I run with my dad and some of my friends," Andrea reports. That means a two-mile jog several times a week, an admirable routine for any 11-year-old.

As for the newest member of the family: High-energy Joshua can test the patience of other family members, but he's still included in as many activities as possible—from biking outings to classes at the Y. "We don't let Joshua tie us down. He's included," Paula says.



Even healthy families need a break now and then, here while backpacking.

Focusing on togetherness

"Living a healthful lifestyle is not something we structure in a rigid way. Our schedules change, especially during the summer months. Still, it's what we like to do. And we like to do things as a family rather than individually," Terry explains.

The Plums' favorite family activity is biking—often a round-trip to a favored breakfast spot on weekends (Joshua has his own reserved caboose seat on the back of Paula's bike). They extend their active philosophy to travel, taking in the scenery while biking, hiking, or backpacking on a weekend outing or a week-long vacation.

A primary focus of the Plums' lives is the bustling North Coast Family YMCA in Encinitas. All the Plums make the most of the facility, and Paula and Terry are leaders in Jeremy and Andrea's youth organizations. They've led their Y youth groups on a variety of outings. Paula also leads a Y class for mothers and toddlers once a week.

Eating right: Lots of fresh produce and few sugary desserts

"Terry and I grew up on meat-and-potatoes Midwest farm meals," says Paula, "We've learned a lot since then." Now the Plums' menus favor fresh fruits and vegetables (enviably bountiful in San Diego), fish, chicken, and brown rice. Salads are a mainstay.

It's unusual, but not unheard of, to find a sugary dessert on the Plums' dinner table. Snacks for the kids are yogurt, fresh and dried fruit, and nuts. "We've raised our kids without a lot of sweets around the house, so they don't crave them," Paula says.

Although both Paula and Terry have lost weight in the past several years, it's not because of any diet plan. "We don't diet around our house—we watch what we eat," Paula says.

Calorie-rich business lunches aren't a problem for Terry because he usually forgoes a full meal at midday. When he does eat lunch, it's usually soup and a salad or fish. Terry believes in a hearty breakfast and tries to schedule meetings for breakfast, not lunch.

Even the healthiest family has its dietary downfalls. For the Plums, it's big, fat pastrami sandwiches from a nearby deli, all kinds of rich and spicy Mexican foods, and Jeremy and Paula's taste for coffee loaded with cream and sugar.

Big payoffs and little ones

Why aim for a healthful lifestyle? It's a challenge, but the Plums have few doubts about the benefits.

"It really gives us a sense of well-being. Obviously we think we have lower medical bills as one result. We like giving our children a positive role model. And we have a lot of interaction we'd miss otherwise," Paula says.



Biking to breakfast has become a weekend ritual (note Joshua in the caboose).

Terry's enthusiasm stems from business as well as personal awareness. He administers his company's health insurance plan and initiated a stress management seminar for employees. "Being an employer gives me another perspective on health and fitness in terms of medical costs. When it comes to preventive medicine, I've become a believer," Terry says.

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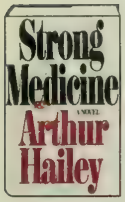


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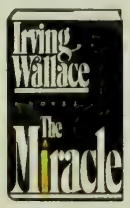
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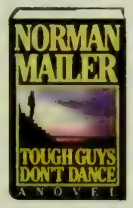
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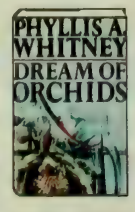
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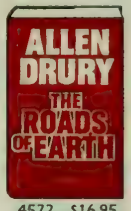
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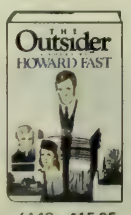
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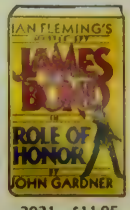
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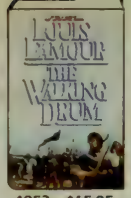
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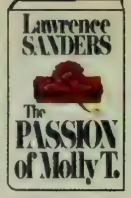
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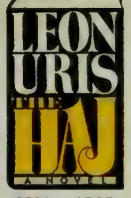
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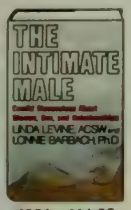
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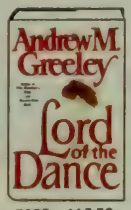
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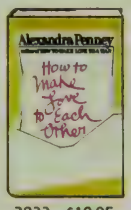
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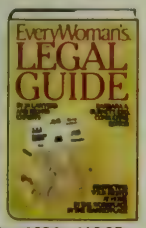
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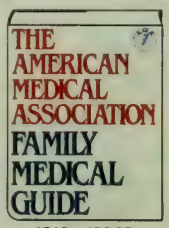
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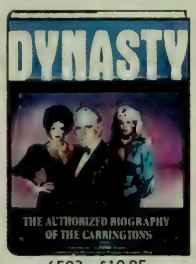
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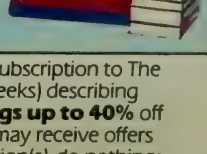


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HOME SAFETY

Power Failures: Keeping Safe And Snug

Power failures are becoming more numerous as the population grows and people make heavier demands on power plants. Usually the electricity is restored within an hour or two, but here are some tips to help you cope in case the blackout lasts longer.

Take action quickly

During severe weather, keep your radio or TV tuned for weather bulletins. If the power goes off, call the electric company immediately and report the failure. (Your phone is likely to work even if you're without power.) Then arm yourself with a flashlight and unplug appliances so that lightning or the surge of restored power won't harm their motors. If heavy rains flood your basement and short-circuit your wiring system, stay clear of the water. Call the electric company and let its service personnel handle the situation.



Plan ahead

Keep emergency supplies on hand—candles, matches, flashlight, transistor radio, fresh batteries, canned foods, and a hand-operated can opener. If your water source is a well on your property, fill the bathtub with water for household use and toilet flushing in case a power failure affects your water pump.

Take special precautions in cold weather

Cold-weather power failures demand special measures. Keep the heat *inside* your house as long as you can. Don't make unnecessary trips in and out. Wear several layers of clothing, and at bedtime snuggle beneath several light blankets rather than one heavy one.

To keep water pipes from freezing, turn off the water at the main inlet valve, then drain the water from the rest of the plumbing, including steam or hot-water heating systems. (Be sure to disconnect their power sources first.) If you have a fireplace, keep a good supply of wood on hand so that you can stoke up the fire if the power failure lasts more than a few hours. Never rely on the heat from a gas oven during a blackout; you risk a dangerous buildup of carbon monoxide.

Illustration: Thomas Rosborough



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FOOD

Simple Seafood Entrées

For an easy, light meal, you can rely on canned fish and seafood. Just reach for a can of tuna or clams on your kitchen shelf and quickly assemble one of these dishes. After chilling, enjoy!

CLAM AND VEGETABLE POCKETS

- 1 3-ounce package cream cheese
- 2 tablespoons mayonnaise *or* salad dressing
- Several dashes bottled hot pepper sauce
- 2 6½-ounce cans minced clams, drained
- ½ cup shredded carrot
- ½ cup chopped celery
- 2 tablespoons sliced green onion
- 4 small pita bread rounds
- ½ cup alfalfa sprouts

In a small mixer bowl combine the cream cheese, mayonnaise or salad dressing, and hot pepper sauce; beat smooth. Stir in the clams, carrot, celery, and green onion. Cover and chill for several hours. To serve, make a 3-inch slit in pita bread rounds to form a pocket. Spoon the clam mixture into pita pockets. Top each sandwich with alfalfa sprouts. Makes 4 servings.



TUNA-VERMICELLI SALAD

- 4 ounces vermicelli, broken
- ½ cup salad oil
- ⅓ cup red wine vinegar
- 1 teaspoon dried basil, crushed
- ¼ teaspoon salt
- ⅛ teaspoon garlic powder
- 1 6½-ounce can white tuna (water pack), drained
- 1 small zucchini, cut into julienne strips
- 1 cup sliced fresh mushrooms
- 2 tomatoes, peeled, seeded, and chopped
- 2 tablespoons snipped parsley

Cook pasta according to package directions. Rinse; drain. In a screw-top jar combine oil, vinegar, basil, salt, garlic powder, and ⅛ teaspoon *pepper*. Cover; shake well. Combine the pasta, tuna, zucchini, and the mushrooms. Drizzle dressing over mixture; toss. Cover; chill. To serve, toss pasta mixture with tomatoes and parsley. Serves 4.

Photograph: Scott Little

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Second-Hand Smoke: The Myth and The Reality.

Many non-smokers are annoyed by cigarette smoke. This is a reality that's been with us for a long time.

Lately, however, many non-smokers have come to believe that cigarette smoke in the air can actually cause disease.

But, in fact, there is little evidence—and certainly nothing which proves scientifically—that cigarette smoke causes disease in non-smokers.

We know this statement may seem biased. But it is supported by findings and views of independent scientists—including some of the tobacco industry's biggest critics.

Lawrence Garfinkel of the American Cancer Society, for example. Mr. Garfinkel, who is the Society's chief statistician, published a study in 1981 covering over 175,000 people, and reported that "passive smoking" had "very little, if any" effect on lung cancer rates among non-smokers.

You may have seen reports stating that in the course of an evening, a non-smoker could breathe in an amount of smoke equivalent to several cigarettes or more.

But a scientific study by the Harvard School of Public Health, conducted in various public places, found that non-smokers might inhale anywhere *from 1/1000th to 1/100th of one filter cigarette per hour.* At that rate, it would take you at least 4 days to inhale the equivalent of a single cigarette.

Often our own concerns about our health can take an unproven claim and magnify it out of all proportion; so, what begins as a misconception turns into a frightening myth.

Is "second-hand smoke" one of these myths? We hope the information we've offered will help you sort out some of the realities.

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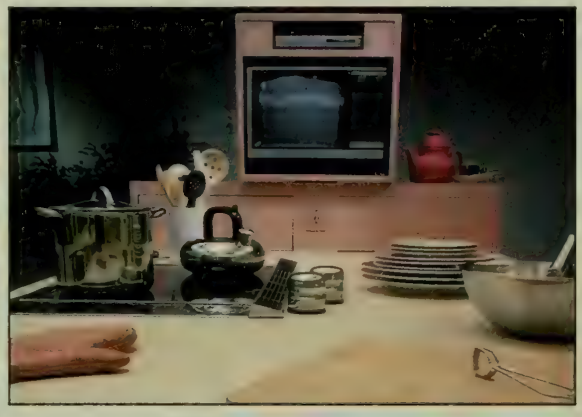
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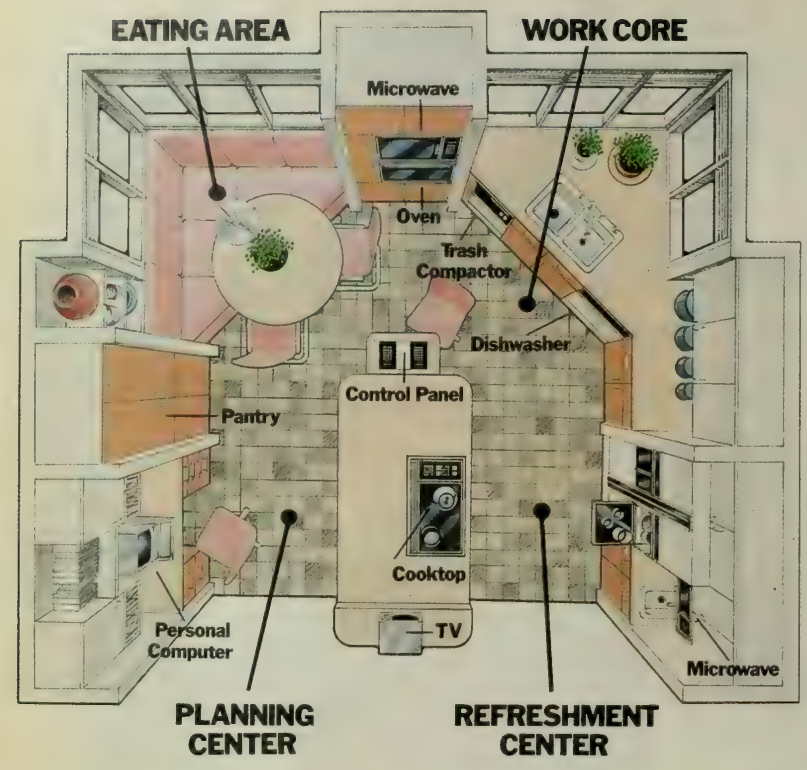


By William L. Nolan



Today's lifestyles demand a new kind of kitchen, one that mates high-tech efficiency with smart styling and down-to-earth livability. New approaches to family living and a renewed commitment to family ties are reinstating the kitchen as the nerve center and focus of our lives.

To bring this new breed of kitchen to life—and spark your own kitchen remodeling plans—we joined forces with General Electric and the National Association of Home Builders Auxiliary. Our objective was threefold: a well-engineered work core, a cheery spot for family gatherings, and a fully equipped command post for managing the household. The result is the stunning kitchen that awaits you on the following pages.



—A STATE OF THE ART—

KITCHEN

◀ Compact plan

The plan forms a simple rectangle, with each quadrant serving a particular purpose: the main work core, an eating area, a planning center, and a refreshment center. In the middle, a large island stands within arm's reach of all four areas. The kitchen opens to the family room on both sides of the island, easing traffic jams in the work core at mealtimes.

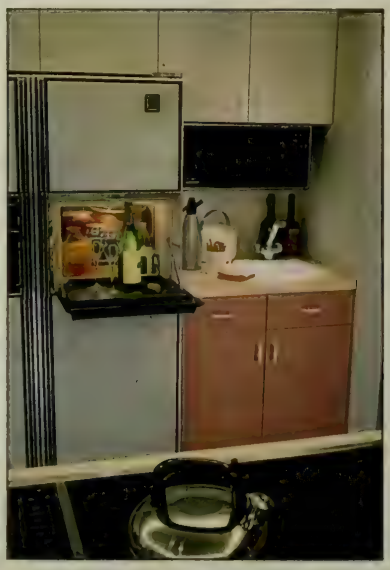
▶ Step-saving work core

All the appliances in the main work area are just a step or two apart, yet there's plenty of room to spread out several projects to work on at once. The cooktop occupies a strategic position on the island, equally accessible from the refrigerator, the cleanup center, and the built-in ovens. One of the ovens is a microwave unit that monitors moisture as well as temperature while the food cooks. And the cooktop heats with magnetic induction; the cookware gets hot but the cooktop itself stays cool.

◀ Handy refreshment center

A small alcove next to the refrigerator—and just a step away from the family room—houses the compact, well-equipped refreshment center. Special conveniences in this part of the kitchen help relieve overcrowding in the main work area: a bar-style sink, a mini-size microwave oven for warming snacks and leftovers, and a handy flip-down section on the refrigerator door that offers easy access to cold beverages. The flip-down hatch doubles as extra counter space for mixing or serving. Storage compartments above and below the countertop hold glassware, mixes, and bar accessories.

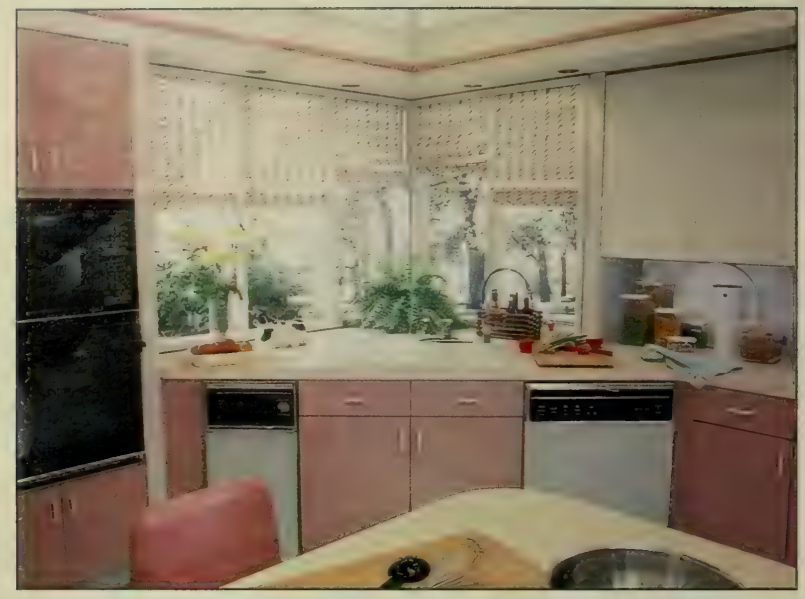




▲ Master control panel

Beneath the overhanging end of the island is a pullout panel that contains a pair of remote-control modules. The modules function like a computer keyboard; special commands entered on their keys program a small memory unit that's attached to the TV set at the other end of the island. Using the house's electrical and telephone wiring system, the memory unit "remembers" to turn lights and appliances on and off, raise and lower the thermostat, record phone messages, and flash reminders of appointments on the TV screen.







—A STATE OF THE ART—

KITCHEN

◀ Convenient cleanup center

The cleanup center features an extra-deep countertop that nestles into one of the corner windows. Beneath the countertop, a built-in trash compactor and dishwasher flank the double sink. Kneehole space under the island work surface at this end of the room offers a spot for the cook to pull up a chair and work or take a coffee break.

▶ Roomy planning center

A wide alcove facing the far side of the island provides home base for the planning center. The built-in desk stretches full width across the alcove, offering ample elbowroom plus parking space for the home computer. Drawer units below the desktop store files, phone directories, and the like. The pantry (partly visible on the right) is close at hand, making it easy to take stock of supplies.

◀ Cheery eating area

The eating area fits neatly into its own bay-windowed corner directly opposite the main work area. Banquette seating under the window angles at each end to make room for a pair of chairs, and a tall niche above the banquette provides handy storage space for table accessories and display items. Daylight from the wraparound window is supplemented by recessed fixtures in the soffit, a hanging fixture above the table, and strip lighting in the coved ceiling.

Plans for this kitchen are available for $4 from NAHB Auxiliary, 15th & M Street, NW, Washington, DC 20005.

Buying information, page 145.

Photographs: Jim Hedrich, Hedrich-Blessing. Design and interiors: Bloodgood Architects, P.C. Design consultant: Jean Mattingly, CKD. Illustration: Jim Buckels



New Big-Bearing Miniature Fruit Trees
Grow Them Anywhere!

Now you can have fresh fruit at your fingertips when you grow some of the new and exciting miniature fruit trees. These waist-high wonders rarely grow over 6 feet tall, yet they bear full-size produce only a year or two after planting. And, when they're not in fruit, the trees are still handsome enough to take center stage anywhere in your landscape.

Also called genetic dwarfs, miniature fruit trees are available in peach, nectarine, cherry, apple, apricot, pear, plum, and almond varieties. All of them require a sunny location and regular watering. Their small size makes other chores like pruning, spraying, and fertilizing minor affairs. In the North, miniature fruit trees need protection during the winter.

By Douglas A. Jimerson





Floyd Zaiger believes that good things come in small packages. And to prove his point he's spent the last 20 years creating new varieties of hardy and productive miniature fruit trees. Starting with an unusually low-growing peach tree he found in his father's California backyard, Floyd has pioneered the development of pint-size apricot, nectarine, apple, cherry, plum, and almond varieties. "The genetic dwarfs or miniatures are an entirely new type of tree," says Floyd. "The crossings have been made for flavor, form, color, size, and resistance to disease."



▲ A line of miniature nectarine and peach trees thrives along this driveway border.

If you live in the Deep South or on the West Coast (wherever winter temperatures remain above 25 degrees F.) you can grow miniature fruit trees right in the ground. Just be sure your trees are in a sunny spot and mulch them to stop weeds.

Dwarf vs. Miniature

Don't let the terms "miniature" or "genetic dwarf" fool you. These short, stocky trees develop full-size fruit that's just as delicious as that from taller trees. Unlike the more common dwarf fruit trees, miniatures are natural dwarfs: the plants are genetically programmed to stay small all their lives. Dwarf fruit trees, on the other hand, are grafted onto a special rootstock to keep them from getting too tall. Miniature fruit trees grow 4 to 6 feet tall; dwarf trees may get 10 or 12 feet tall.



▲ Miniature fruit trees begin to bear at an early age, often during their second or third growing season. To keep your trees in top condition, feed them in the spring with a slow-release tree and shrub fertilizer. Or, use a mild solution of fish emulsion once a month. In the North, withhold fertilizer in the late summer. Late feeding encourages the development of frost-tender new growth. Patio trees Honey Babe peach and Nectar Babe nectarine provide plenty of fresh fruit for family picnics.

Tips For Better Trees

- Plant trees in a sunny location.
- Water trees daily during hot weather.
- Be sure containers have drainage holes.
- Feed trees in the spring with a time-release tree and shrub fertilizer. Or, use a dilute solution of fish emulsion once a month.
- Watch for insect pests. Small populations may be removed by hand; use a commercial home orchard spray for heavy infestations.
- Protect trees in northern gardens in the winter.

Because miniature fruit trees are so new, you may not find them at your local nursery. But you can order them from our Family Shopping Service, see page 142.

Miniature Fruit Trees



HONEY BABE PEACH

Winter Care

In the North, container-grown miniature fruit trees require protection during the winter. After nightly temperatures begin to drop below 25 degrees F., move your trees into an unheated garage, shed, or porch. Water the container thoroughly and wrap it with a thick layer of leaves, straw, or burlap. If you don't have a storage building, move the tree to a protected corner of the garden, add an extra-thick layer of mulch around the pot, and wrap the tree with a layer of burlap.



◀ Even if they didn't produce fruit, miniature trees would still be a gardener's dream. These stocky charmers will never outgrow their position in the landscape. Pruning chores are minimal and the plants' compact growth habit makes insect and disease control easy. Just three years old, the tiny Bonanza peach already produces big crops of mouth-watering fruit every summer. Four varieties of grapevines clamber over the deck overhang.

▲ Container-grown miniature fruit trees are not only productive and good-looking, they're portable, too. Use them to enhance a bare deck or patio, flank a front door, or team with a collection of potted flowers. For easy moving install casters on the bottom of the container at planting time. Aprigold apricot and Honey Babe peach flourish near this front door.

Photographs: Right column, George Ceolla
All others, Ernest Braun
Landscape design: Opposite, Carol Erickson. All others, Leith and Gary Zaiger
Field editor: Helen Heitkamp

How To Plant A Miniature Fruit Tree



To get your miniature fruit tree off to a good start, you'll need a sturdy container that's at least 20 inches wide and 18 inches deep (a halved whiskey barrel is ideal) and a supply of soil. For convenience, we used a half-and-half mixture of bagged topsoil and a lightweight potting mix of perlite and peat moss.



At planting time, drill about six 1-inch holes in the bottom of your barrel for drainage. Then, to prevent clogging, cover each of the holes with a small piece of window screen or layer of stones. Fill half the container with soil, position the tree in the center of the barrel, and fill with soil. Water well to eliminate air pockets.



If your tree will be growing in an exposed, windy location, add a support stake to keep the plant upright. A wooden closet rod is ideal. As the tree grows, tie it to the stake with strips of cloth or pantyhose.



After the stake is in place, water the container thoroughly. Leave the plant's identification tag attached to help you remember the variety name. Use a bark mulch around the base of your tree. It will help keep your tree moist.



Newly planted miniature fruit trees rarely need pruning. But if your tree has any broken or crossed branches, it's best to remove them while the tree is still dormant. Use a sharp, clean pair of pruning shears and clip off the stems at a 45-degree angle, about ¼ inch above a bud.

Explore a New Craft

CREATE MUSLIN MASTERPIECES IN A WEEKEND!

By Nancy Lindemeyer, Ann Levine, and Beverly Rivers



In just hours you can create big-impact fabric "paintings" that are long on looks and low on cost. Plain muslin, black sewing thread, and other simple materials take on artistic qualities you never thought possible when teamed with fabric paint. To give us a firsthand look at such paint-and-stitch beauties, designer Carol Maguire (*above*) shares some of her prize creations. Carol loves her "art" for the same reason you will: it's new and different and you'll get the hang of it right away—even without previous crafting experience. After a weekend of fabric painting, you'll see great results come Monday.

Try your hand at these quick-as-a-wink projects by following our step-by-step guide (*below*); then put the basics to work and see how rewarding this craft can be.

Complete instructions, page 136. Buying information, page 145.

Designs: Carol Maguire. Photographs: Hedrich-Blessing



▲ The same simple techniques apply when crafting the make-in-minutes tote bag and wall hanging.

► What could be lovelier than making these wall hangings for yourself or as gifts for friends and family? Painting and stitching are easy as 1-2-3.



▲ This easy-sew floral triptych is a stellar example of Carol's technique; each panel boasts a simple lilac design.



1. To begin, sketch simple designs on paper (or enlarge the patterns in the magazine) and transfer to fabric.



2. Next, paint the designs with textile or acrylic paints using simple lines, shapes, and brushstrokes.



3. When the paint is dry, back the fabric with quilt batting and stitch around the motifs using black thread.


Hayden '80


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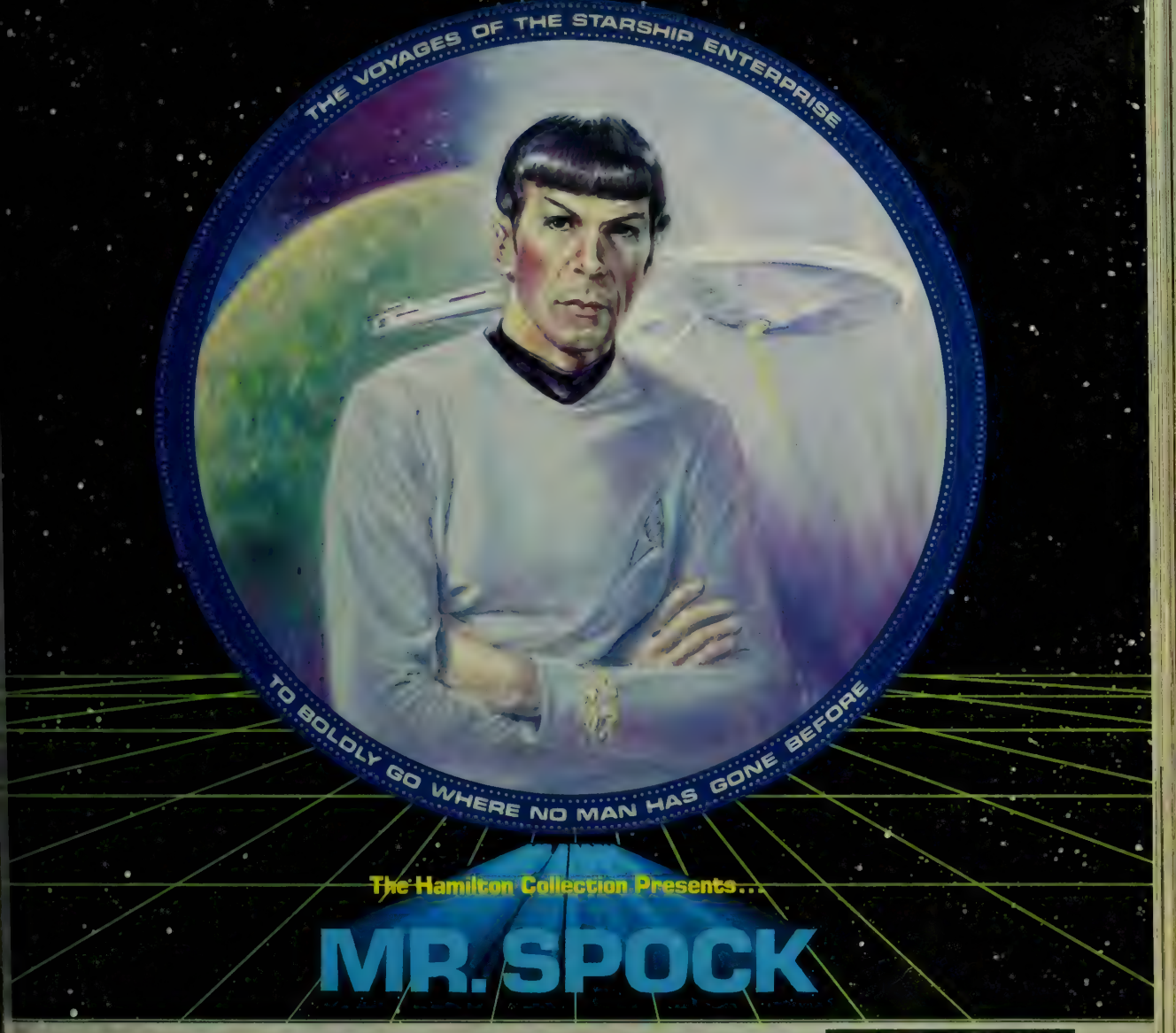


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Now the legendary *Star Trek* series and the popularity of Mr. Spock have inspired the **first-ever *Star Trek* limited-edition collector plate.** Susie Morton, well-known portraitist of celebrities, has been commissioned to create this important new first issue for The Hamilton Collection, in association with Ernst Enterprises.

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The coveted limited-edition status is assured for "Mr. Spock," since it will be strictly limited to a 90-day firing period. To document the issue for future generations, each plate will be serially hand-numbered, and accompanied by a same-numbered Certificate of Authenticity.

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Because of the millions of *Star Trek* fans and plate collectors who will want "Mr. Spock," **demand should be quite strong,** and a sellout is predicted. So please return this order form **today** to The Hamilton Collection, 9550 Regency Square Blvd., Jacksonville, FL 32232.

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Gardener's Log

All work is as seed sown; it grows and spreads, and sows itself anew.

—*Thomas Carlyle*

Start transplants indoors

You can get a head start on spring by starting vegetables, flowers, and herbs from seed indoors. When the growing season arrives, transplant the healthy young plants outdoors and you'll have an instant garden and an early harvest.

Select some of your favorite flowers and vegetables that can be grown easily from seed. Popular early crops include cabbage, lettuce, broccoli, and onions. Try starting a few early bloomers like alyssum, begonia, marigold, and impatiens. Basil, mint, marjoram, and thyme are good choices for herbs.

When choosing planting containers, consider first what you have on hand. Wood or plastic flats are attractive, but a one-gallon milk carton cut lengthwise works equally well. If you prefer individual containers, select peat, clay, or plastic pots, compressed peat pellets, or use plastic foam cups or small cans.

Fill the clean containers with packaged potting soil mix and sow seeds in defined rows (check the label for the proper time and depth). Depending on the variety, seeds should be planted anytime from six to 12 weeks prior to their recommended outdoor planting date. Tomato seeds, for example, should be sown indoors in March for garden planting in May.

The right combination of temperature, water, and light is vital for producing stocky plants. To germinate properly, most seeds need a warm soil mix. After germination, seedlings grow best where air temperature is 65 to 75 degrees Fahrenheit. Keep the soil evenly moist at all times. To lessen water loss during germination, seal the containers in a clear plastic bag. Check daily for dryness, and water when needed. Avoid overwatering.

When the second set of leaves (the first true leaves) appears, transplant the seedlings into individual pots. Avoid lifting the tender plants by their stems or roots; instead, lift them gently by their leaves. Poke one-inch holes in the new soil mix and set the seedlings in up to their first set of leaves. Gently firm the soil around the seedlings, then water them well. Place seedlings in an unobstructed south window so they will receive direct sunlight all day. If that isn't possible, the young plants can be grown under artificial lights. Most seedlings require 12 to 16 hours of artificial light each day.

IN THE NORTH

Early-flowering bulbs

February is the time to rake protective mulches off of your bulb beds, before the spring growth begins. If you put the job off, you might damage the tender young foliage.

While you're outside raking, keep on the lookout for the first hints of spring, the hardy early-flowering bulbs. Scilla will be one of the earliest arrivals. Reaching a height of four to 12 inches, scilla produces an abundance of spiked, bell-shaped blossoms on each stem, and if left alone, will multiply and reappear year after year.

For dainty blue flowers on four-inch stems, try Sibirica. Sibirica alba produces white blossoms. Both of these varieties will grow in sun or shade. For best results, plant scilla bulbs in the late summer or early fall.

IN THE SOUTH

Easy-grow ground cover

Instead of struggling to grow grass, plant ground covers now for a simple solution to troublesome bare spots in your yard. Ground covers are easy to maintain and will grow in areas where other plants won't. Try English ivy, a popular ground cover that thrives in shady areas. Its foliage of two- to four-inch-long, lobed leaves will spread and root quickly, resulting in a dense six-inch carpet of dark green.



Scilla

To prepare the area for planting, cultivate to a depth of six to eight inches, working plenty of peat moss into the soil. Plant the young shoots about one foot apart, then fertilize them. And to discourage weeds, mulch with straw or bark chips.

IN THE WEST

Planting time

February is the month to enjoy early spring flowers. For bright splashes of color, try planting foxglove, snapdragon, columbine, verbena, shasta daisy, stock, penstemon.

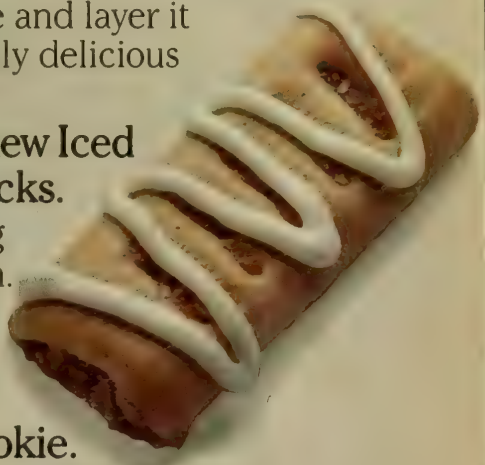
Illustration: S. D. Schindler

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Diet and Health

Winter Vegetables: Vitamin-Packed Variety



Q I've read that eating cabbage will cure or prevent cancer. Can that be true?
Harriet Naefke, Wausau, Wis.

A The cabbage family (broccoli, brussels sprouts, turnips, and cabbage), carotene-rich vegetables (carrots, squash, spinach, and broccoli), and other vegetables rich in vitamin C are making the news as anticancer foods. As the saying goes: Take it with a grain of salt. These claims are based on new research that is inconclusive.

All vegetables contain nutrients you need for good health. Recent studies do suggest that eating more vegetables and fruits may have wide-ranging health benefits, from improving digestion to overall healthfulness. However, singling out specific foods as disease-preventing is unwise.

Q I have to badger my kids to eat their vegetables. Is it really worth it?
V. Taylor, Chicago, Ill.

A Absolutely yes!! Promote "eating your vegetables" with your kids. Vegetables, along with fruits, are vital sources of vitamins A and C and add fiber to the diet.

HOW you encourage your children to eat vegetables is the key. Some families tell us their kids will eat almost anything if it's presented the right way. Offer a sample of a new vegetable instead of forcing them to eat it. You might also let them make the vegetable choice during menu planning.

Many vegetables are available to you during the winter months. Besides such year-round favorites as carrots and potatoes, look at the winter vegetables you can choose from—broccoli, brussels sprouts, celeriac, Jerusalem artichokes, jicama, kohlrabi, parsnips, turnips, rutabaga, and winter squashes (acorn, banana, buttercup, butternut, Hubbard, spaghetti, and turban).

By the way, your children need to eat four ½-cup servings of fruits and/or vegetables each day—same as adults.



GOOD-FOR-YOU VEGGIE BAKE

- **1 cup shredded carrots**
- **½ cup shredded rutabaga**
- **¼ cup shredded sweet potato**
- **2 tablespoons chopped onion**
- **1½ cups cooked rice**
- **1 cup shredded Monterey Jack cheese (4 ounces)**
- **¼ cup milk**
- **¼ teaspoon lemon pepper**
- **⅛ teaspoon ground nutmeg**

Cook vegetables, covered, in ½ cup *boiling water* 5 minutes. Drain; reserve liquid. Add water to liquid to measure ¼ *cup.* Combine vegetables, rice, and ¾ *cup* cheese. Add reserved liquid, pepper, nutmeg, and ½ teaspoon *salt;* mix. Turn into 1-quart casserole. Cover; bake in 350° oven 20 to 25 minutes. Sprinkle with remaining cheese. Bake, uncovered, 2 minutes more. Serves 4.

Per casserole serving: 198 cal., 9 g pro., 21 g carbo., 9 g fat, 28 mg chol., 637 mg sodium. USRDA: 86% vit. A, 21% vit. C, 25% calcium, and 17% phosphorus.

Q They say that raw vegetables contain more vitamins than cooked, but my family likes most vegetables cooked. What do I do?
Lynn Walsh, Carroll, Iowa

A Raw vegetables contain more vitamins because water soluble vitamins, such as vitamin C, either seep into the cooking water or are destroyed by the heat of cooking. You can preserve vitamins during cooking by following these guidelines.

Cook vegetables in a small amount of liquid or steam vegetables just till tender. These basic cooking techniques help minimize the loss of the water-soluble vitamins.

If possible, incorporate some of the vitamin-rich cooking liquid into recipes that call for added water. Vegetables with skins, such as potatoes, retain the nutrients when cooked with the skins left on.

Photograph, top: de Gennaro Studios
Photograph, above: Ron Crofoot

Are you confused about what you should eat? Have you discovered ways to serve your family more healthful foods? Send your nutrition questions, recipes, and/or tips to us at Diet and Health, P.O. Box 7, Des Moines, IA 50336. We will pay $50 for each idea accepted for publication and reserve the right to shorten or otherwise edit all copy. No materials will be acknowledged or returned. If your idea is purchased, you give Meredith Corporation the right to use it in any manner and for as long as we wish. We do not accept previously published materials.

WE'RE UP TO SOMETHING GOOD.



FOOD

Crockery-Cooker Chowders

Preparing creamy, hot chowder in a crockery cooker makes good sense. This appliance simmers a soup, improving its flavor without overcooking.

SALMON VEGETABLE CHOWDER

- 1 10½-ounce can condensed chicken broth
- 2⅔ cups water
- 1 10-ounce package frozen succotash
- 1 cup chopped celery
- ½ cup chopped onion
- ½ cup wheat berries
- 1 8-ounce package Neufchâtel cheese, cut into cubes
- 1 16-ounce can salmon, drained, skin and bones removed, and coarsely flaked

In a 3½-quart electric crockery cooker combine first 6 ingredients. Cover; cook on low-heat setting for 8 to 10 hours (or high-heat setting for 3½ to 4 hours). Turn cooker to high-heat setting. Add cheese, stirring till melted. Stir in salmon. Cover; cook 10 minutes more. Makes 4 or 5 servings.

MUSHROOM-LENTIL CHOWDER

- 3 cups water
- 1 10¾-ounce can condensed cream of mushroom soup
- ¼ cup snipped parsley
- 2 teaspoons instant beef bouillon granules
- ½ pound dry lentils
- 2 medium carrots, sliced
- 1 medium onion, chopped
- 1 cup sliced celery

In a 3½-quart electric crockery cooker combine all ingredients. Cover; cook on low-heat setting 8 to 10 hours (or on high-heat setting for 4 to 5 hours). Top each serving with a dollop of sour cream. Makes 4 servings.



Photograph: Scott Little

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STYLE STRATEGIES

VICTORIAN UPDATE



From the porcelains on the mantel and the dressy "bow-tied" artwork to the plump flower-bedecked armchairs, this sitting spot exudes all the charm of 19th-century Victoriana. But there's a difference! Today's interpretations are a crisp and lively departure from the past. Airy wallpaper—white with a hint of red sprigs—lends coziness, and cheery rag rugs replace the once-requisite Orientals. The chairs, too, typify Victoriana: ample, soft, and inviting, but updated with skirted slipcovers in a crisp gardenlike print.

Photograph: Ernest Braun. Design: Astrid Sommer. Field editor: Barbara Cathcart

Victorian Design Details:

- Figurines, photos, and treasures, gathered on mantels or tabletops
- Overstuffed chairs detailed with dressy skirts, gathers, and bows
- Charming mini-floral wall coverings and fabrics
- 19th-century-style landscape paintings and portraits
- A soft and romantic mood

STYLE STRATEGIES

COLONIAL SIMPLICITY



Far from a slavish reproduction of the past, this master bedroom is a restful, modern-day retreat. Soft colors and a refreshing lack of clutter foster the serene look. The simplicity also plays up the refined lines of the four-poster and the graceful arches. Centuries-old in character, the room is actually the result of a recent remodeling. A 2-foot bump-out turned the once windowless end wall into an airy, mood-setting focal point. Glowing wood floors and new ceiling beams complete the 1700s-style background.

Photograph: Maris/Semel. Design: Gordon Stringer. Field editor: Ruth Reiter

Colonial Design Details:

- Painted woodwork, small-pane windows, and raised-panel doors
- Primitive artwork
- A few select 18th-century furnishings and accessories
- Bare wood floors
- Simple window coverings (or none) to emphasize the architecture
- An air of graceful refinement

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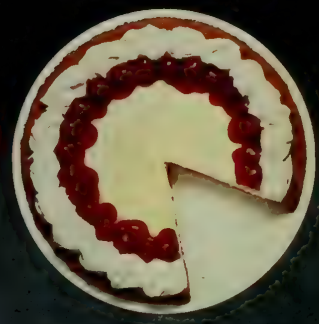
Auto Sensor calculates cooking time for dishes like chicken cacciatore.



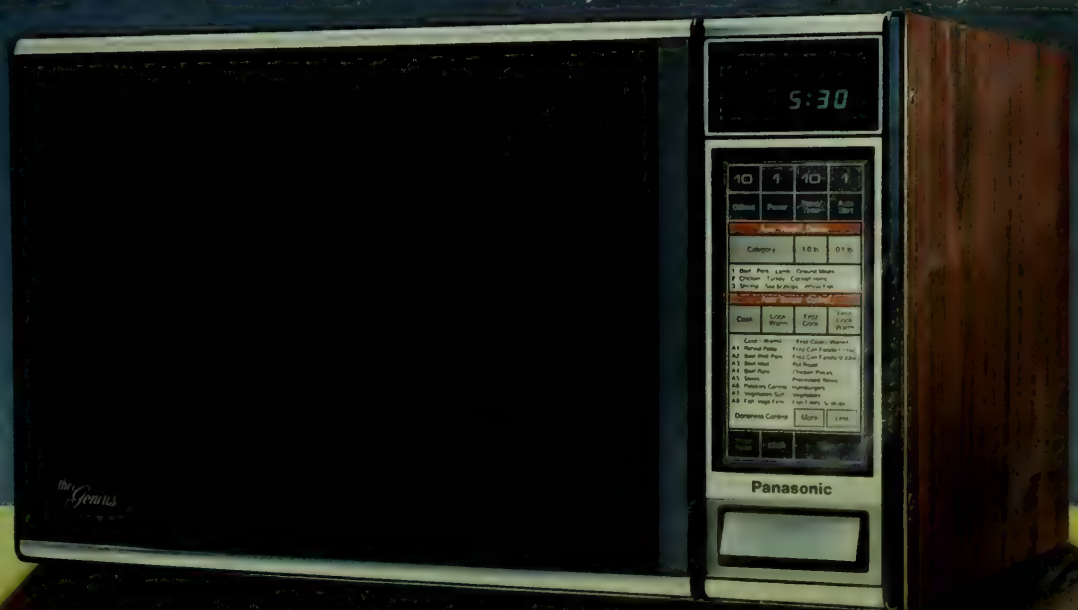
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STYLE STRATEGIES

CONTEMPORARY EFFICIENCY



Simple lines, slick finishes, and smart use of every inch of space typify modern design. But today, even contemporary rooms are changing—and softening. Although streamlined, this room gains warmth from a mix of soft gray, taupe, and brown colors accented with cool blues. Against this backdrop, efficiency assumes a cozy, shipboard-style appeal. Storage units with adjustable shelves hold everything from today's newest miniature stereo components to a flip-down bed. An ample table doubles for desk work and snacks.

Photograph: Fred Lyon. Design: Dennis Slade. Field editor: Barbara Cathcart

Contemporary Design Details:

- Clean, simple lines
- Straightforward use of high-tech materials
- Practical use of space
- Neutral colors and little (or no) pattern
- A variety of textures, from smooth metals to nubby fabrics

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Dan Kaercher

MAKING STEPCHILDREN PART OF THE FAMILY

Despite the hurdles, stepfamilies can meld into a special kind of strong, loving family unit. A stepchild is enriched, not thwarted, by the presence of a stepparent who really cares—and knows how to show it.

Kay became Robin's stepmother last year, putting a business career on hold to be an enthusiastic full-time "mom." At least that's the way she envisioned it. Unfortunately, each day after school, Robin, 13, storms in and marches straight to her room without a word. Robin doesn't reappear until her dad gets home from work, when she acts perfectly happy. The rejection is hurting Kay deeply and creating a rift in her new marriage.

Kay's problem is by no means unique. Conflicts about raising stepchildren can be the most explosive issue in remarriages. In all, 35 million of us now live in stepfamilies, and the numbers are soaring.

Stepfamilies must accommodate and adjust far more than "first families." Each individual comes into the new family with another family's customs and expectations. Stepparents usually find themselves spending their honeymoon in a fishbowl, working out a new marriage relationship at the same time they face the challenges of stepparenting.

At its worst, the result can be bitter disappointment for both stepparent and stepchild. Stepparents with unrealistic expectations feel rejected when they don't receive "instant love" from stepchildren. Others blame themselves because they don't feel the genuine affection they sincerely want to give a stepchild. Youngsters may be torn between the notion of "loyalty" to their birth parent and their new stepparent.

Yet stepfamilies in all sorts of circumstances do overcome these hurdles and others to meld into a special kind of strong, loving family unit.

Children in such families are enriched, not thwarted, by the presence of a caring stepparent.



Reasonable expectations

Family counselors advise new stepparents to be realistic from the outset. A marriage ceremony does not magically create a tight-knit family. It takes time to win a new stepchild's trust, especially with older children.

Try to spend some time one-on-one with the youngster even before you find yourselves living in the same household. Be prepared to encounter a certain wariness on the youngster's part at first.

Don't be wounded if a stepchild rejects you. The conflicts a stepchild experiences are powerful and unavoidable. It can take months or years for a genuine, caring relationship to emerge.

The unseen presence

Respect a child's relationship with the absent birth parent—don't try to compete. Weakening a child's bond with the "other" parent will not strengthen your relationship with your stepchild. Focus on creating a new niche of your own in your stepchild's life.

If your youngster will spend time in two households, be sure you give him or her time—a few hours or a few days, depending on the child and the length of the stay—to readjust to the different people and surroundings. To help a visiting stepchild feel more at home at your place, set aside a room or even just a drawer in a dresser for his or her exclusive use.

Parenting partners

Never take a "love me, love my child" position with a new spouse. In a yours-and-mine family, it's unreasonable to expect your partner to feel exactly the way you do toward your children. Children are wise. They realize that their birth parent

continued

Photograph: Hopkins Associates

continued

Stepchildren

will care more deeply about them at first than a stepparent does, but stepchildren still expect fairness.

Some new stepparents don't feel free to discuss a child's behavior with their new spouse. That's a mistake. Open communication among all family members is essential, especially for husband and wife. If necessary, schedule a time each week to talk with your spouse about the children and your relationship (excellent advice for any couple).

Discipline: Tread lightly

The topic is a sensitive one. Many stepfathers in particular start out with the idea that they are going to "shape up" their "unruly" stepchildren. But those who do try quickly run into a buzz saw. Let the child's birth parent be the boss in discipline matters at first, especially in enforcing the rules. Work out as many regulations with your spouse as possible before difficult situations arise.

Other tips

- An adolescent stepchild may find it harder to accept you and your marriage. If that's the case, just leave the door open to establishing a relationship later on.
- Most youngsters are part of a single-parent family for a time before they become part of a stepfamily. A teenage boy who has been "man of the house" may not relinquish the role easily. Understand those feelings.
- Seek out and talk to other stepparents. If you've never been a parent before, or haven't raised a youngster in the same age group as your stepchild, take one of the many parenting classes sponsored by churches, schools, and civic groups—preferably with your spouse.
- Don't court burnout by focusing your life entirely on your stepparenting role. Your marriage relationship comes first, and keeping up with friendships and career is important, too.

Sexuality and the stepfamily

It's a fact: Ambiguity about sexuality can be one of the biggest traps for stepfamilies, especially those with adolescents. Remember that your stepchild may have been raised with totally different notions about appropriate behavior in terms of touching, showing affection, and nudity. Establish clear-cut rules early about privacy in the new household. Newlywed stepparents are of course entitled to a honeymoon interlude, but avoid excessive displays in front of children, particularly adolescents.

For more information

The Stepfamily Association of America acts as a support network and advocate for both stepparents and stepchildren. For more information about the organization, write to the Association at 28 Allegheny Avenue, Suite 1307, Towson, MD 21204.

—With John Visher, a psychiatrist, and Emily Visher, a clinical psychologist. The Vishers are stepparents and the co-authors of How to Win as a Stepfamily *(Contemporary Books).*



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Kathryn Stechert

Covering Medicare Gaps—Not a Choice but a Must!

The breech is widening. Medicare was never intended to shoulder the entire health care bill for the elderly and disabled. But today's high medical fees make the gaps in coverage more cavernous than ever. Not only have overall costs risen dramatically, but Medicare users have faced steady increases in deductibles and copayments. Ever-rising medical costs and the federal deficit leave little hope that Medicare will do better in the future. It's more important than ever that beneficiaries make sure they have the gaps covered.



How Medicare Works

Medicare, federal health insurance for the aged and disabled, provides coverage in two parts. Free to everyone eligible for the program is Part A, hospital insurance; Part B, which in 1984 cost $14.60 a month, handles expenses like doctors' bills, medical tests, and physical therapy.

No expense is fully covered by Medicare; instead, the beneficiary is expected to share the payments. That's where the gaps come in. Before you receive any hospital benefits, for example, you must pay a $356 deductible. If a hospital stay goes beyond 60 days, you begin paying a per-day cost that starts at $89.

Under Part B, you pay a $75 deductible annually. Medicare then pays only a *portion* (at most, 80 percent) of the fee for any service. You make up the difference.

Filling the gaps with insurance

Many of the 30 million Americans on Medicare add to their coverage with Medicare-supplement insurance. So-called "Medigap" policies are available from insurance firms, from the nonprofit Blue Cross and Blue Cross/Blue Shield, and groups like the American Association of Retired Persons. Congress set minimum standards for medigap insurance in 1980, but policies still vary greatly. Many policies provide good hospital and physician coverage, but even the best help little with items Medicare doesn't cover (see box).



New options with HMOs

Proposed regulations from the Department of Health and Human Services provide another, potentially more attractive, alternative to Medigap insurance: health maintenance organizations. HMOs are based on a simple arrangement. Members pay a set premium; in exchange, the HMO provides full medical care, in effect supplying health services *and* insurance.

Up till now a Medicare beneficiary who inquired about joining an HMO was likely to hear: "Sorry, you're not in one of our groups." That's because most HMOs dealt only with people sponsored by employers. The new regulations would provide HMOs greater financial incentive to design benefit packages for Medicare users. As many as 600,000 senior citizens are expected to sign on with HMOs in the next three or four years as a result.

Why an HMO?

Medicare users who opt for HMOs will probably get more complete coverage with lower out-of-pocket costs than with Medicare plus insurance. Studies comparing health care costs of HMO users and people with regular insurance indicate that HMO members spend less—sometimes far less.

What's more, HMOs eliminate a lot of the hassle involved with Medicare. You don't have to fill out forms for reimbursement, for example, or find a physician who will accept Medicare assignments as full payment. You don't have to keep track of copayments and deductibles. In addition, HMOs may include in their benefits the cost of glasses, hearing aids, lab fees, routine care for chronic conditions, prescription drugs, and medical supplies.

What Medicare Doesn't Cover

Some gaps are caused by omissions in coverage. Common medical expenses not paid for by Medicare include:

- routine physical checkups
- most prescription drugs
- hearing tests and hearing aids
- eye exams and eye glasses
- most dental care, including dentures
- private duty nursing care
- custodial nursing home care

Why NOT an HMO?

As good as HMOs sound, they aren't the final answer in health care. For one thing, many people simply don't live near one. Although there are more than 300 across the country (with an enrollment nearing 15 million), they still are not available everywhere.

HMOs also aren't suitable for people who are determined to stay with a particular doctor. You get a choice of physicians when you join an HMO, but your selection is limited to those in the HMO group. Most studies show the quality of care is as good as any other.

For more information

Two booklets, "Medicare and Health Insurance" and "More Health for Your Dollar: An Older Person's Guide to HMOs" are available from: American Association of Retired Persons, 1909 K St., NW, Washington, DC 20049.

Illustration: Art Factory

Do your teeth a flavor.



There's not a toothpaste around that's better at fighting cavities than Crest. That's a fact you probably already know. What you may not know is that we give you three terrific-tasting flavors to wage war against tooth decay.

Over the years we've found out how finicky kids can be about the taste of their toothpaste. So we feel it's important to give them three chances to pick their favorite.

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Carolyn McNurlen

What's New in Contact Lenses

If you are thinking about switching from glasses to contacts, consider the following options now available. Your lifestyle and vision problems will determine which lens you choose.

● ***Extended-wear contacts*** can be worn continuously for up to 30 days, subject to the approval of your eye care professional. Like daily-wear soft contacts, the lenses are cleaned with a heat process or chemical solution, but less often. This eliminates the need to remove contacts each night and clean them for wear the next morning.

● ***Gas-permeable lenses*** are a compromise between the original hard contact lenses and soft lenses. Gas-permeable lenses, which permit oxygen and carbon dioxide to pass through them to and from the eye, offer the crisp vision of hard lenses without their rigidity. They are particularly suited to persons who can't tolerate standard hard lenses, but are unable to use soft lenses because of certain vision problems. Most gas-permeable lenses are made of cellulose acetate butyrate (CAB), a slightly flexible plastic, or of silicone, which is more "wettable" than CAB and therefore more comfortable.

● ***Bifocal contact lenses*** are primarily for people over 40 who need a lens for closeup reading as well as one for distance. Bifocal soft contacts have a zone in the center of the lens for distance viewing and an outer or bottom zone for reading. They come in hard, soft, and gas-permeable materials. Like bifocal eyeglasses, these lenses take some getting used to, and they won't satisfy every bifocal wearer's needs.

Be sure you understand what services are covered by the prices quoted.

● ***Soft and gas-permeable tinted contacts*** recently were approved by the Food and Drug Administration for people who want to change or enhance the natural color of their eyes. (Tinted *hard* contact lenses have been available for more than 30 years.) Deeper tints decrease the amount of light entering the eye, so these lenses may pose problems for some people indoors or at night.

New options cost more

Prices for contacts vary, depending on the type of lens selected. Standard hard lenses generally cost $150–$200; soft lenses, $200–$300; extended-wear contacts, $300–$450; and gas-permeable lenses, slightly more than standard hard lenses. Tinted lenses cost slightly more than untinted.

Ask your eye care professional what type of lens is best for you.

—With Martin Abramson

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HEALTH

Day-Care Maladies

Children bring more than clever drawings home from day-care centers: Observers are alarmed about the spread of viral and bacterial infections like diarrhea, viral hepatitis type A, and *haemophilus influenzae* type b.

Large or crowded centers are more vulnerable, particularly when the child-care staff also prepares the food. The presence of diapered children is another contributor. Dr. Larry Pickering, of the University of Texas Medical School, Houston, reports diarrhea cases alone could be cut in half if children and staff members would simply wash their hands properly. What can you do? Ask day-care staff about sick child policies, cleaning regimens, and food preparation. Contact the center promptly if your child is ill.

HEALTH

Salad Bar Hazard

A trip through a restaurant salad bar could net you more than a plate of fresh veggies—particularly if you have asthma. The compounds sprayed on lettuce to prevent browning may trigger an allergic reaction.

The culprits are sulfites. Approximately 5 percent of the 8–10 million Americans with asthma (plus an unknown number *without* asthma) may react to the antioxidants used to prevent spoilage, estimates Dr. Robert Bush, chief of allergy at the William S. Middleton Veterans Administration Hospital in Wisconsin.

Reactions vary from mild to occasionally life-threatening. Persons who have asthma may cough, wheeze, or feel a tightness in the chest and shortness of breath. Other symptoms include shock, loss of consciousness, and abdominal pain.

What to do if you're allergic

Dr. Bush stresses identifying people with sulfite sensitivity so that appropriate precautions can be taken. "People who react severely can carry adrenalin with them to help buy time to get emergency medical care," he notes.

In many restaurants, sulfites are sprayed on lettuce, avocado dips, french fries, and other foods to prevent discoloration and spoilage. Sulfites also are used in wine and beer to control fermentation, and in some fruit drinks, dried fruit, and medications.

If you are sensitive to sulfites, Dr. Bush recommends asking restaurant personnel whether or not sulfites are used. The restaurant staff may not know, however, because the compound is sometimes sprayed on food at processing plants. Sulfites are not *required* to be listed on food labels; but when amounts are substantial, they may be indicated. Avoid such products if you are sensitive to the compounds.

The Food and Drug Administration (FDA) currently is studying the issue of sulfite sensitivity to see if health warnings should be included on products containing sulfites.

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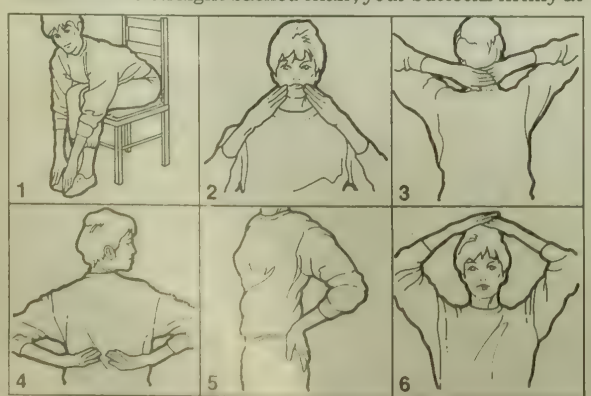
A. It's got thin comfort.

Health Update

ARTHRITIS SELF-TEST

A principal early warning sign of arthritis—minor difficulty with everyday movements—is easy to ignore. But the price can be permanent damage. It takes only one minute to test your range of motion with the six simple maneuvers described below. Do it now! Hold each of the positions for five seconds. If you cannot do so comfortably, try again in a few weeks. If you fail again, see your doctor.

- ***Test 1.*** Elbows, shoulders, knees, back, spine, hands, and ankles: Sit in a straight-backed chair, your buttocks firmly at the rear of the seat. Lean over with knees together and touch your toes, keeping your hands and arms outside of your knees.
- ***Test 2.*** Elbows, shoulders, and hands: Put your hands close to, but not touching, your face and form an inverted V from the corners of your mouth. Keep hands and arms straight.
- ***Test 3.*** Neck, shoulders, elbows, and hands: Place hands behind and touching your neck. Elbow, hands, and arms should form almost a straight line across your back at about ear level.
- ***Test 4.*** Elbows, shoulders, back, neck, and hands: Put both hands behind your back, touching the middle of your back.
- ***Test 5.*** Back, elbows, shoulders, and neck: Position the flat of your hands on your upper buttocks.
- ***Test 6.*** Shoulders and elbows: Place your hands touching the top of your head, creating a diamond-shaped space with your hands and arms.



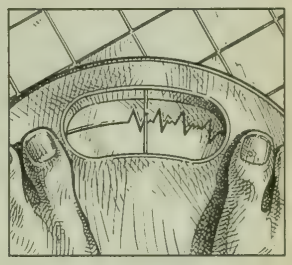
NEW VACCINE FOR CHICKEN POX

Chicken pox may be the latest childhood disease to exit the way of diphtheria, scarlet fever, and—more recently—measles.

In most children, chicken pox usually involves mild fever, headache, and the notorious rash that soon disappears. But sometimes the disease leads to pneumonia, encephalitis, Reye's syndrome, or other potentially fatal complications. Symptoms are more likely to be severe in adults. Chicken

A. It's got the protection you know you'll get from Kotex®

DEADLY DIETS: WHY?



Why do adults who are overweight but otherwise healthy die suddenly while using very low-calorie diets? A new study confirms the long-held suspicion that heart problems are to blame, and new warning labels are being required on some of the commercial diet products.

Researchers studied the deaths of 17 people who had been consuming commercially distributed liquid protein diet products offering 300 to 500 calories daily. They found that the deaths were triggered by irregular heartbeats and that the dieters' hearts had actually shrunk in size.

Drs. Theodore Van Itallie and Mei-Uih Yang of Columbia University and St. Luke's–Roosevelt Hospital Center reported that the thinner the dieter was at the start of the diet, the more likely he or she was to run into trouble (some of the dieters were more obese than others, but all were considerably overweight).

Now the FDA has ordered that very low-calorie protein diet products (those below 400 calories daily) carry labels warning that their use as a total diet without medical supervision "may cause serious illness or death."

continued

continued

pox also sometimes has nasty aftereffects since the virus, a member of the herpes family, remains in the spinal cord and can flare up at any time.

That's why a soon-to-be-available vaccine for chicken pox is welcome news. In a test involving 914 children at the Children's Hospital of Philadelphia, Dr. Robert Weibel and his colleagues found the vaccine to be 100 percent effective without any serious side effects. During a nine-month observation period, none of the 468 children who received the vaccine came down with chicken pox, even though some were exposed to brothers and sisters who did. Of the 446 children who received placebo injections for comparison, 39 developed chicken pox.

The new chicken pox vaccine is being tested for long-term safety and may be approved by the FDA for use by the end of the year.

The vaccine was developed by the Merck Sharp & Dohme Research Laboratories from a strain of virus from Japan, where research suggests it provides immunity for at least five years. Further studies in healthy children have been launched elsewhere in the U.S. and in Europe to determine long-term safety. It's hoped that the Food and Drug Administration (FDA) will approve the vaccine by year-end.

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With three reasons like these, doesn't it make sense to give it a try?

The new Thin Maxi Pad. From Kotex.



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continued

Health update

SKIN TEST FOR DEPRESSION

Are some individuals and families more vulnerable to serious depression than others? The answer seems to be yes, and a simple skin test may soon identify people most susceptible.

Scientists at the National Institute of Mental Health (NIMH) say the test offers "the strongest evidence so far" that depression is biological, not strictly the result of external emotional stresses.

Dr. N. Suzan Nadi and her NIMH colleagues reported in *The New England Journal of Medicine* that skin cells from people with depressive illness in the family had more receptors for the chemical *acetylcholine* than did those from other people. Since acetylcholine apparently plays a critical role in depression, supersensitivity may be what predisposes people to the illness.

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*Milliequivalents of acid neutralized with 1 teaspoon of liquid antacid. 21 Code of Federal Regulations 331.

Sources: *Contemporary Pharmacy Practice* 1982; 5:246-249. *Physicians' Desk Reference for Nonprescription Drugs* 1984; Edition.

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THE DEAF "FEEL" SOUNDS

The sense of touch is helping some deaf persons, especially children who were born deaf, to "hear." A new device called a Tactaid refines a principle utilized for decades—making deaf children aware of speech sounds by touching an instructor's face and feeling the breath as the instructor speaks.

Here's how the Tactaid works: A tiny vibrator is worn on the chest above the breastbone and connected to a small power pack and microphone attached to a belt. Signals picked up by the microphone are transmitted through the vibrator, enabling a child to "feel" sounds like bells, music, and voices.

Many other tactile devices also are being evaluated at research centers. These include an ear vibrator that works much like a Tactaid except that the sound-activated vibrators touch the skin at the ears rather than the chest. The advantage is that it permits the user to locate the source of a sound; its drawback at present is its bulky size. Another device, the multichannel "vocoder," worn on the forearm, aids in discrimination of different sound frequencies. However, it, too, is not yet comfortably portable.

CANCER FACTS

Is cancer contagious? What are the effects of low-level radiation? Do artificial sweeteners increase a person's risk of cancer?

These are among the questions answered in "Stay Healthy America!," an outstanding new 36-page publication from the Duke University Comprehensive Cancer Center, endorsed by the National Cancer Institute.

The booklet tells what you can do to reduce your chances of getting cancer, how to detect it early, and how to cope if you or someone close to you gets it. The booklet also includes a glossary and a list of organizations and support groups that offer more information. For a copy, send $1 to Duke University Medical Center, P.O. Box 3958, Durham, NC 27710.

—By Lynne Lamberg

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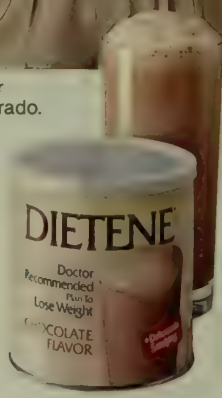
Susan Turner

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Mopeds: Play It Safe

Treating a moped (mini-motorcycle) like a glorified bicycle is dangerous: serious injuries can result.

In a study conducted in Ohio, Drs. Judith Westman and Grant Morrow of the Children's Hospital in Columbus reported that lack of driver instruction was largely to blame for children's moped accidents, noting that most occurred during daylight hours in good weather. In addition, almost half of the 88 patients studied were using mopeds illegally—either the driver was underage or carrying a passenger.

For young drivers, Drs. Westman and Morrow recommend always wearing a helmet, observing the legal minimum driving age, and learning the rules of safe driving—just as you would with any other vehicle.

HEALTH

Save a Child's Life

Car accidents, not childhood diseases, are the leading cause of death for children under age five. Studies show that a majority of those killed or injured could have been saved by proper use of child safety seats.

Laws passed in virtually all states now require that infants and young children be restrained when riding in motor vehicles. Many parents, however, still do not understand the importance of safety seats for their children. They may feel they cannot afford a seat or are uncertain how to use one correctly. You or your organization can start an instructional program on child passenger safety or rent or lend child safety seats as a public service project. First contact such local groups as safety councils and hospitals to determine what, if anything, is being done in your area. You then may choose to:

- Expand an existing child safety seat program or project.
- Join the National Child Passenger Safety Association or start a local chapter. (Write the NCPSA, P.O. Box 841, Ardmore, PA 19003.)
- Form your own group or develop your own project.

When starting a program or project, you need to consider not only what educational materials to use and what types of seats to offer, but how to handle publicity, record-keeping, car seat maintenance, and liability issues. Don't be discouraged; a wealth of information is available to help.

The National Highway Traffic Safety Administration offers a comprehensive guide to designing child passenger safety programs, *Protecting Our Own*. This free publication lists major child passenger protection organizations, seat manufacturers and distributors, and sources for resource materials (films, slide shows, posters). For a copy, write National Highway Traffic Safety Administration, NTS-10, 400 Seventh Street, SW., Washington, DC 20590.

Information also may be obtained from your state's highway safety offices and the NCPSA (address above).

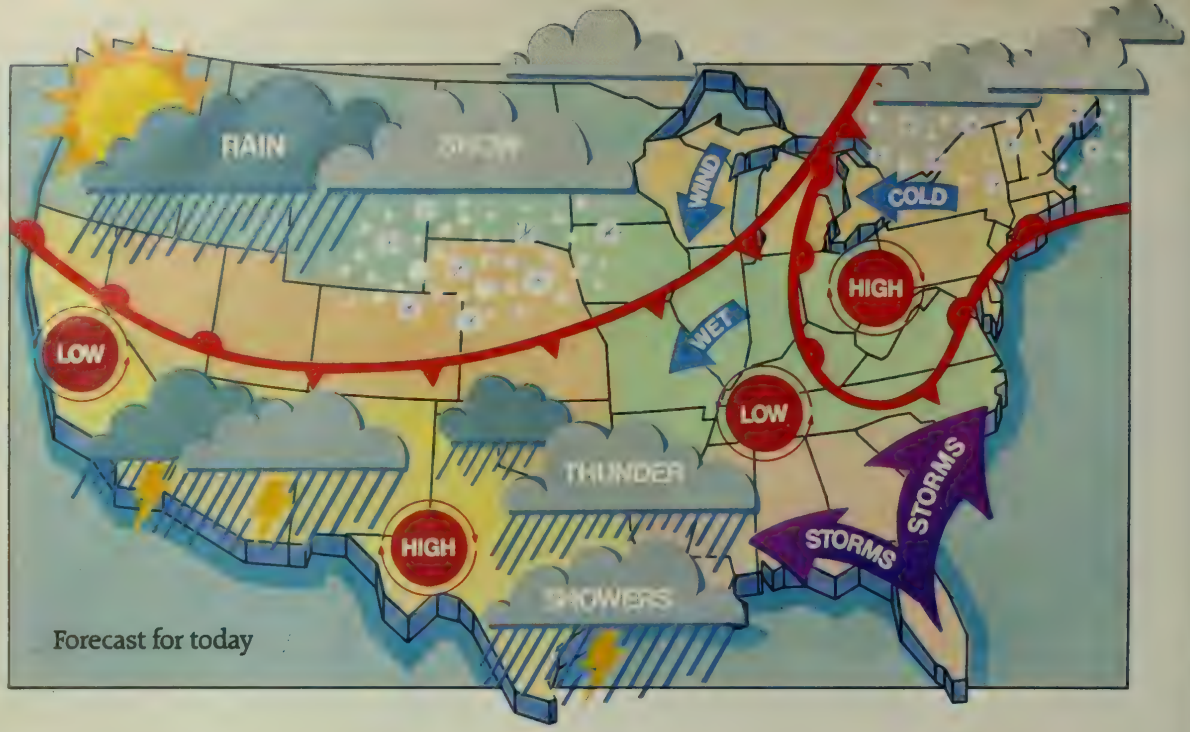
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Why Ford Escort's success was easy to forecast.

Some of the worst weather conditions around are also some of the best reasons why Ford Escort has been America's best-selling small car for the past three years.*

Front-wheel drive helped it climb to the top.

Escort comes with front-wheel drive—a feature that delivers good traction.

But there's more to its success than just traction.

There's rack and pinion steering and 4-wheel independent suspension for impressive comfort and handling. Five-mph bumpers for added vehicle protection from the minor impacts that can occur in any weather.

Escort LX and GT even come standard with electronic fuel injection for improved cold weather and cold engine response.

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Ford Escort. Its engineering always shines. Even when the weather doesn't.

Best-Built American Cars.

"Quality is Job 1." A 1984 survey established that Ford makes the best-built American cars. This is based on an average of problems reported by owners in the prior six months on 1981-1983 models designed and built in the U.S.

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*Based on manufacturers' reported retail deliveries during 1982-1984 model years.

**EPA estimates. Actual mileage will vary with maintenance, options, driving conditions and driving habits. Escort mileage applicable to sedans with FS engine and without power steering and A/C. Not available in California.

Have you driven a Ford... lately?

Ford



Get it together—Buckle up

Margaret Daly

Used Parts For Your Car: BARGAIN OR BOONDOGGLE?



You can save a considerable sum when your mechanic installs remanufactured, rebuilt, or used parts on your car. But you may have to ask for them—and you should know exactly what you're getting, including what the warranty promises.

Most auto service outlets routinely will use new parts when they repair your car, yet you could save from 30 to 80 percent with refurbished parts that often will do just as good a job. It's up to you to get specific: Is the part whose price is being quoted new? How much will you save with a part that's not new? What kind of written warranty can you get?

A choice of three types

"Other-than-new" parts fall into three categories: *remanufactured, rebuilt,* and *used.* Price differences can be significant. For example, a new alternator from an auto parts store might cost $120. (Prices vary by car model.) A remanufactured unit of the same type would cost about $70, a rebuilt unit about $40, and a used part about $25.

But price should not be your only concern. There can be real trade-offs with both reliability and warranties.

Remanufactured parts: Almost like new

The most reliable and costly of the other-than-new parts, remanufactured

continued

Illustration: Roger Leyonmark

Well dressed asparagus.





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Tender young asparagus. Gently wrapped in a blanket of Knorr® Hollandaise Sauce. Velvety. Fragrant. A sumptuous dressing that turns vegetables, fish, and eggs into an extravagance of flavors. And it's exquisitely simple to prepare. Discover all ten Knorr Sauces in the gourmet or sauce section of your supermarket.

Dress up a meal with Knorr Sauces.



Used parts for your car

units are completely disassembled before they are reconstructed. Any components that are subject to wear are discarded and replaced even if they are in perfectly good working condition.

Only components that do not receive wear are saved and reused. If the mechanic installs a remanufactured carburetor in your car, for example, all of its internal components that are subject to wear will be new. Just the housing and stationary parts will not.

In most cases, you will find that remanufactured parts carry the best warranties of all used parts. Most major automobile manufacturers provide remanufactured parts through their dealers.

There also are several nationwide remanufacturers whose products are sold widely in automotive supply and chain stores. Written product warranties range from 3 months or 4,000 miles to 12 months or 18,000 miles.

Some regional and local remanufacturers also give warranties, but they may be less.

Be sure to get a written warranty from the shop; that way, you'll be assured another part for free if the remanufactured unit fails under the warranty period.

Rebuilt parts: Still good

Only faulty components are replaced on rebuilt parts. No other changes are made. A malfunctioning alternator, for example, is tested to find out what caused the failure, and only the damaged component will be replaced. Parts rebuilders are regional or local companies. Their warranties generally run from 30 days to 90 days or 4,000 miles. Chain stores and auto supply outlets carry their merchandise.



Used parts: Cheapest, but riskiest

Used parts generally are taken from junked or wrecked cars and sold by automobile wrecking yards. Prices can be bargains, but there's really no way to know how good or bad a part is until it's installed in your car. Most junkyard operators will tell you how many miles were on the car from which the part was salvaged. Used parts carry no warranty unless one is offered by the shop that installs the unit.

How to tell what's what

When you're getting your estimate, ask what kind of part the mechanic intends to use, and what the price differences would be between new parts and various used ones. Also check the box the part comes in, the part itself, and the warranty. The Federal Trade Commission requires that parts be labeled "rebuilt" or "remanufactured," but the distinction is not always clear. If you cannot get a written warranty from your shop, be wary.

Remanufactured parts are the most reliable, but don't overlook used parts from the junkyard, even though there may be no warranty.



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Mail to: $5.00 Refund, P.O. Box 7752, Maple Plain, MN 55393

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Teaching & Learning

New Trends In Education

ANOTHER TEACHER SHORTAGE?

As amazing as it may seem after years of layoffs due to declining enrollments, we may be headed into another massive teacher shortage. That's the word from the National Center of Education Statistics and a new report by the Rand Corporation, a think-tank based in Santa Monica, California.

Already, serious shortages of math and science teachers exist in many regions. Budding shortages of elementary teachers in high-growth areas are expected to become more serious. In addition, according to the Rand researchers, many teachers are instructing students in subjects that the teachers are not certified to teach.

As soon as next year, the supply of teachers will no longer meet the demand, the NCES reports. By 1992, it's estimated that we'll need at least 20 percent more teachers, largely due to a rebound in public school enrollment. Yet the number of graduates from colleges of education has plummeted for a decade.

The obvious solution to the problem is better pay and more status for the teaching profession. Low salaries and sagging morale discourage new recruits and send many experienced teachers to other professions. Until the situation improves, the new teacher shortage is sure to worsen.

HOME COMPUTER U.

You have two young children and can't leave home during the day to attend college classes. Or you're a paraplegic who is physically unable to make it to a campus. Or maybe you're a secretary who can't take the time off to learn new word processing skills. Now, thanks to a remarkable innovation called TeleLearning, you can take full-credit college courses via your home computer.

Through TeleLearning, students can earn college degrees from four fully accredited institutions—Ohio University, De Anza College, Thomas A. Edison State College, and American Open University of the New York Institute of Technology. Credits are accepted at a total of 1,800 colleges and universities. More institutions plan to participate in the near future, and the electronic university may soon be granting degrees of its own.

Here's how the system works: TeleLearning supplies software and a link with the central TeleLearning computer. Using a personal computer, students enroll in one of 50 courses, ranging from writing to electronics. Students complete assignments and communicate with a professor via their computer terminal.

The basic package, which includes registration, communication software, and a lifetime guaranteed enrollment in TeleLearning, is $89.95. Courses cost from $35 to $250, including long-distance line charges. For further information, inquire at your local computer store or write TeleLearning Systems, Inc., 505 Beach St., San Francisco, CA 94133.

COMPUTER GENDER GAP

Boys are fast outpacing girls in computer education. The troubling signals are clear, say the educators: Only one-third of students enrolled in computer classes are female. Summer computer camps sign up three boys for every girl.

What's the matter? From the earliest grades on, boys crowd around the school computer first and form all-male computer clubs. Some child psychologists think that software featuring "violent" games appeals to many boys but is "boring" to most little girls. And fewer girls venture into the video arcades where many boys get initiated into computing.

To help close the gap, the University of California at Berkeley recently began a 30-hour course, "EQUALS," to train teachers to help girls overcome any aversion to computers. A new firm, Computers for Girls, in North Carolina is producing software targeted for girls. And the federal government recently provided a grant to Technical Education Research Centers to create introductory computer packages for elementary-age schoolgirls.

ALL-DAY KINDERGARTEN

All-day kindergartens are booming! According to boosters, the concept is a major revolution in early childhood education. More than one in three 5-year-olds now attend all-day kindergarten.

There are several reasons for the switch from largely social and development part-time kindergarten to the more academic full-time programs. Working mothers want full-time care for their young ones, and more parents want accelerated learning opportunities for their children. Advocates claim that the academic results are impressive, but the potential stress worries others. Further, more than 30 states still do not even require kindergarten, and 14 don't mandate school before the age of 6.



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All Ready Pie Crusts, Little Bits & La Creme GO BANANAS!



Banana Fudge Pie...
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Just start with Pillsbury All Ready Pie Crusts. They bake, flake and taste as good as scratch.

Next, add Nestlé® Little Bits™ Semi-Sweet Chocolate. A creamy, delicious addition to all your favorite desserts and snacks.

Top it all off with La Creme® Whipped Topping from Kraft. It tastes more like real whipped cream than original Cool Whip topping.

Banana Fudge Pie

1 15-oz. pkg. PILLSBURY All Ready Pie Crusts
¾ cup NESTLÉ® Little Bits™ Semi-Sweet Chocolate
1 8-oz. container (3 cups) LA CREME® Whipped Topping with Real Cream, thawed
2 eggs, beaten
¼ cup sugar
2 medium bananas, sliced



Prepare one of the ALL READY PIE CRUSTS according to package directions for filled one crust pie. (Refrigerate remaining crust for later use.) Heat oven to 350°F.

In heavy gauge saucepan, melt ½ cup LITTLE BITS over low heat; remove from heat. Stir in 1 cup LA CREME Whipped Topping, eggs and sugar; mix well. Pour into ALL READY PIE CRUST-lined pan. Bake at 350°F for 28 to 32 minutes or until crust is lightly browned. Cool 10 minutes, chill 1 hour. Layer bananas and remaining LA CREME over baked layer. Top with remaining LITTLE BITS. Garnish with banana slices, if desired. Keep refrigerated. 8 servings.

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Add A Little Chocolate Fun To Your Favorite Treats





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SAVE 15¢

Easy Snackin' Idea!

CHOCOLATE 'N' OAT BARS

Makes 36 bar

- 1 cup unsifted flour
- 1 cup quick-cooking oats
- ¾ cup firmly packed light brown sugar
- ½ cup butter, softened
- 1 (14-ounce) can Eagle® Brand Sweetened Condensed Milk (NOT evaporated milk)
- 1 cup chopped nuts
- 1 6-ounce package (1 cup) Nestlé® Toll House® semi-sweet chocolate morsels

Preheat oven to 350° (325° for glass dish). In bowl, combine flour, oats, brown sugar and butte Mix well. Reserving ½ cup, press remaining oa mixture on bottom of 13x9-inch baking pan. Bak 10 minutes. Pour sweetened condensed milk evenly over crust. Sprinkle with nuts and Nestlé Toll House semi-sweet chocolate morsels. Top with remaining oat mixture; press down. Bake 25 to 30 minutes or until lightly browned. Cool. Store covered at room temperature.

Made delicious with Eagle® Brand Sweetened Condensed Milk and Nestlé® Toll House® Morsels



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Say Cheese!

California Cheeseburger Skillet

1 pound ground beef
½ cup chopped onion
1 package Hamburger Helper® mix for Cheeseburger Macaroni
3½ cups hot water
2 medium tomatoes, sliced
1 cup seasoned croutons
4 slices process American cheese, cut diagonally into halves

Cook and stir ground beef and onion in 10-inch skillet until beef is brown; drain. Stir in Macaroni, Sauce Mix and water. Heat to boiling, stirring constantly. Reduce heat; cover and simmer, stirring occasionally, 20 minutes. Arrange tomato slices on top; sprinkle with croutons. Place 5 of the cheese halves around edge of skillet; place remaining cheese halves in center. Cover and cook until cheese begins to melt, 5 to 6 minutes. Top with pepper slices if desired. 6 servings.

High Altitude Directions (3500 to 6500 feet): Increase hot water to 3⅔ cups and simmer time to 25 minutes.

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The Mighty Mite will sit on a step while you vacuum stairs, making one of the most gruesome cleaning jobs a lot easier.

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It's culinary magic! The delectable indulgence, puff pastry, that used to take hours to make, you can now prepare from start to finish in less than an hour. Your food processor makes the job easy.

SHORTCUT PUFF PASTRY SHELLS

Mound fresh strawberries as pictured or slices of your favorite fruits in these buttery, rich pastries for a festive dessert. Or, fill the flaky pastries with a warm and creamy meat, fish, or vegetable sauce for an appetizer, side dish, or main dish—

1½ cups all-purpose flour
¾ cup butter *or* margarine, cut into chunks
¼ cup ice-cold water
Assorted fruit slices
Melted semisweet chocolate for coating fruit (optional)

Place steel blade in work bowl of food processor; add the flour and chunks of cold butter or margarine. Process with on/off turns till about *half* of the mixture resembles cornmeal and remainder is larger pieces.

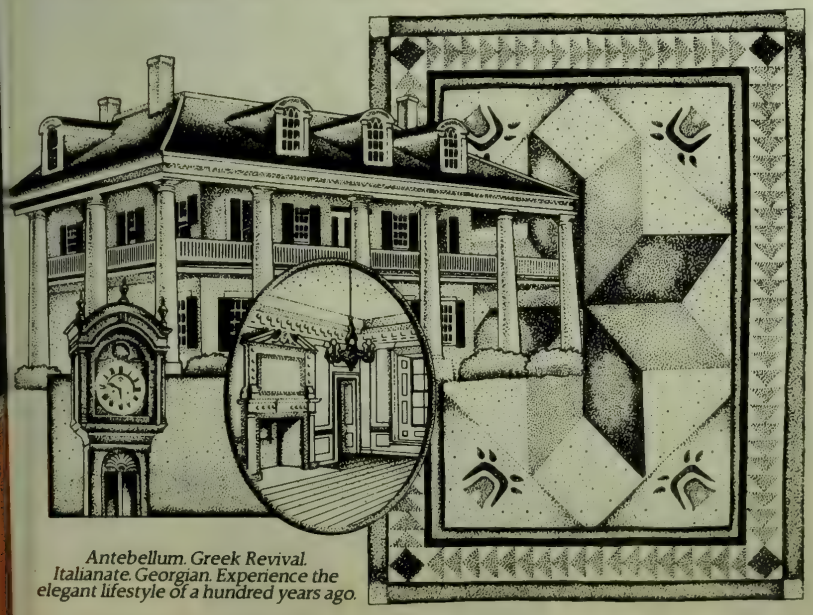
With machine running, quickly pour the ice-cold water through the feed tube. Stop machine; scrape sides of work bowl. Turn pastry out onto waxed paper. Pat into an 8-inch square. Wrap dough in waxed paper. Chill in freezer for 10 minutes. Turn pastry out onto a lightly floured surface. Roll pastry into a 14x10-inch rectangle, rolling from the center just to edges. Fold pastry into thirds. Using a rolling pin, gently flatten each fold to make even. Fold pastry in half crosswise. Wrap in waxed paper; chill in freezer about 20 minutes or till firm. Roll the pastry into a 12-inch square. Trim outside edges of the large square slightly to make even. Cut into nine 4-inch squares.

Place pastry squares over inverted ungreased muffin cups, pressing gently and shaping edges to form a square shell. Bake in a 450° oven for 10 to 12 minutes. Cool on muffin cups 5 minutes before removing. Cool shells completely on a wire rack. Or, serve warm with fruit slices coated with chocolate or desired filling. Makes 9 shells.



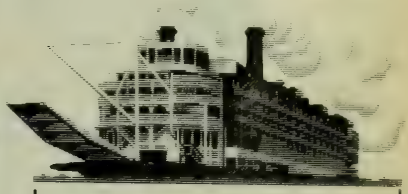
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Architectural Impact For Ho-Hum Space

Spectacular rooms often begin as unassuming places. Good planning and attention to detail let you stage the drama, style, and, best of all, livability. In this sophisticated example, contrast of color, shape, and dimension is used to carve architectural interest into an otherwise ordinary room.

Reviving a rectangle

This living room (*right*) started as a basic rectangle, space-efficient but devoid of interesting angles. A dropped ceiling, introduced along one end of the room, is the first step in the transformation. The false ceiling houses heating and electrical connections. Better yet, it enlivens the room with interesting planes, while creating a natural niche for a built-in wet bar and electronics storage area.

Striking a cord with color

A subtle shade of barely gray washes the ceiling, walls, and fireplace. In contrast, a deep, slate gray accents the customized "niche" and plays strongly against the shiny, black laminate, chosen for the storage area and bar. This backdrop underscores the elegance of the strategically placed, black-lacquer game table. For added contrast, an unexpected splash of orange comes along with the handsome, molded leather armchairs that complete the grouping.

Designing for family living

Because the room gets plenty of use, no-nonsense furniture is a must. A trio of durable sofas (*right*) fills the bill, providing plenty of stretch-out space for the family, as well as ample seating for company. The furniture reinforces the element of contrast; soft, rounded upholstery is paired with an angular coffee table for a dramatic variation of shape and texture.

Wrapped right down to the carpet in unifying slate gray, the stairwell becomes a separate but equal visual force.



Contrasting colors and dimensions dramatize a plain corner.

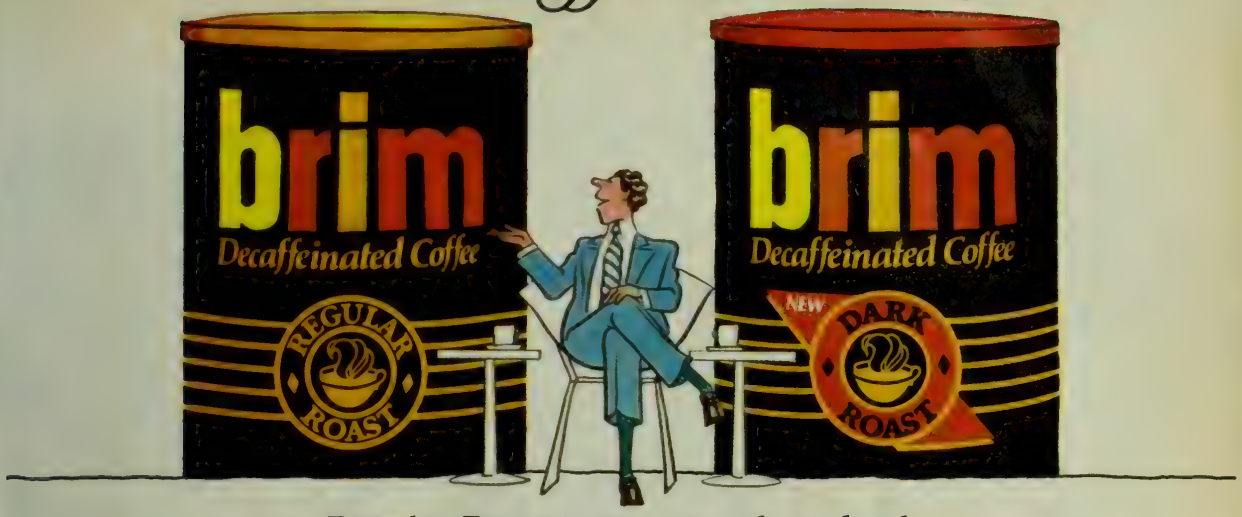


An angular, white, high-tech handrail jumps out from the dark background.

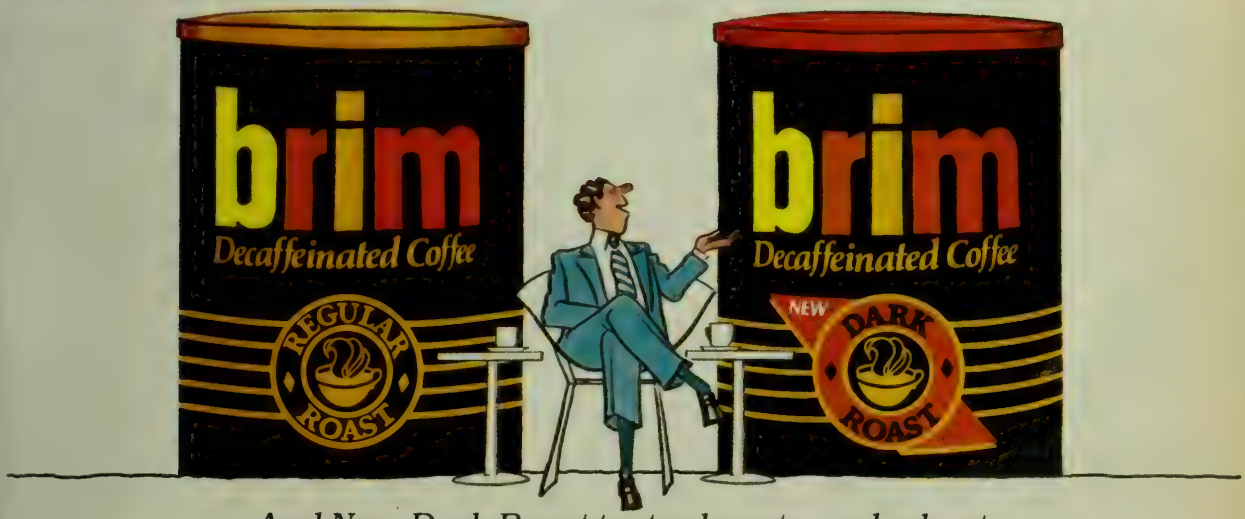
Designed with the absence of architectural detail in mind, the high-tech white pipe railing defines the staircase and creates eye-pleasing angles against the dark walls.

Photographs: Jessie Walker. Design: Jerome Brown

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Regular Roast tastes smooth and rich.



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Cultivated Mussels: A Seafood Treat

Tangy-sweet mussels are more abundant than ever. Similar to both clams and oysters, this seafood is now cultivated in prepared ocean beds and harvested for retail markets, making the quality more consistent and the supply more abundant. You'll find mussels in the shell available fresh and frozen, shucked mussels, and smoked mussels.

Before cooking fresh mussels, scrub, rinse, and trim or pull off the beard (small threads that protrude from the shell). Like clams and oysters, mussels cook in just minutes and shells open naturally when done. (Discard any unopen shells after cooking.) Mussels can be substituted for clams in any of your favorite recipes.



STEAMED MUSSELS IN WINE

- **2 dozen fresh mussels in the shell (1¼ pounds)**
- **1 small onion, chopped**
- **1 small tomato, chopped**
- **¼ cup snipped parsley**
- **¼ teaspoon dried basil, crushed**
- **1 small bay leaf**
- **2 tablespoons butter *or* margarine**
- **1 cup dry white wine**

To prepare mussels, scrub, rinse, and trim or pull off the beard. (Discard mussels with open shells.) Cook onion, tomato, parsley, basil, and bay leaf in butter or margarine till tender. Stir in wine and mussels. Bring to boiling; reduce heat. Cover; simmer 4 minutes or till shells open. Discard any unopen shells. Transfer mussels to soup bowls. Remove bay leaf. Spoon broth over mussels. Makes 4 appetizer servings.

Per serving: 186 cal., 6 g pro., 10 g carbo., 6 g fat, 44 mg chol., and 184 mg sodium.



ORIENTAL-STYLE MUSSELS IN THE HALF SHELL

- **16 frozen cooked mussels in the half shell, thawed**
- **2 cups chopped fresh spinach**
- **2 tablespoons finely chopped onion**
- **1 tablespoon soy sauce**
- **1 teaspoon cornstarch**
- **2 tablespoons chopped water chestnuts**
- **2 tablespoons fine dry bread crumbs**
- **2 teaspoons butter *or* margarine, melted**
- **Dash paprika**

Arrange mussels in shallow baking pan. In saucepan combine spinach, onion, and ¼ cup *water.* Cover; cook till heated through. Drain well, reserving liquid. Add water to reserved liquid, if necessary, to make *¼ cup.* Combine soy sauce, cornstarch, and spinach liquid; add to spinach along with the water chestnuts. Cook and stir till thickened and bubbly. Spread *1 tablespoon* of spinach mixture over each mussel. Toss together bread crumbs, butter or margarine, and paprika; sprinkle some over each mussel. Bake in a 425° oven 4 minutes. Makes 4 appetizer servings.

Per serving: 140 cal., 14 g pro., 13 g carbo., 3 g fat, 63 mg chol., and 630 mg sodium.



ELEGANT MUSSELS OVER RICE

- **⅔ cup long grain rice**
- **2 tablespoons snipped parsley**
- **2 tablespoons shredded carrot**
- **½ cup sliced leeks**
- **2 tablespoons butter *or* margarine**
- **2 tablespoons all-purpose flour**
- **1 teaspoon instant chicken bouillon granules**
- **⅛ teaspoon paprika**
- **1½ cups milk**
- **⅓ cup shredded Swiss cheese**
- **¼ cup dry white wine**
- **8 ounces cooked, shucked mussels (about 1⅓ cups)**

Combine 1⅓ cups *water* and the *uncooked* rice. Bring to boiling; reduce heat. Cover; simmer 15 minutes. Remove from heat; let stand, covered, 10 minutes. Stir in parsley and carrot. Cook leeks in butter or margarine 3 minutes. Stir in flour, bouillon, and paprika. Add the milk. Cook and stir till bubbly. Cook 1 minute more. Add the cheese; stir till melted. Stir in mussels and wine; heat through. Serve over hot rice. Makes 4 main-dish servings.

Note: If cooked shucked mussels are not available, buy 2 pounds fresh mussels in the shell. Scrub, rinse, and trim beard. Place on rack with hot water. Cover and steam 4 minutes. Remove mussels from shells. Add to sauce with wine as above. Serve over rice.

Per serving: 351 cal., 20 g pro., 36 g carbo., 13 g fat, 88 mg chol., and 427 mg sodium.

Photographs: Scott Little



Finally, electric cooking that's just like gas.

The new Jenn-Air induction cooktop cartridge looks very much like ordinary electric cooktops.

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Winter Cheer



Great Tableware for Casual Entertaining

Relaxing at home with family and friends takes on added warmth during winter months. When your family gathers for supper or snacks, set a welcoming table with a versatile collection of informal tableware: mugs are by Colony Glass; glass bowl and wooden plates are by Ralph Lauren; and the serving plate is by George Briard. Heads turn when an appliquéd quilt is used as a tablecloth; it's a refreshing alternative to everyday linens.

By Nancy Lindemeyer and Ann Levine

Winter Cheer

▶ A close-up view of blue spackleware dishes shows interesting variations in color and pattern. The water pitcher doubles as a vase for country-fresh flowers; a gingham teacup may be used with a matching saucer or combined with the spackleware.



▼ Savor just-baked aromas from this charming oven-to-table covered casserole dish by Jacques Jugeat.





▲ Serve afternoon refreshments for a change-of-pace treat your guests will enjoy.



▶ These dishes (*above and right*), called "Veruschka" by Wedgwood, include a stately coffeepot, delicate demitasse cups, a serving platter, and an octagonal tureen. Sterling silverware is "Rose Tiara" by Gorham.



▲ After the holiday rush, reward yourself with an at-home get-together among friends. Any casual occasion will do; this one marks the completion of a beautiful handmade quilt. The celebration is made especially memorable with pretty table accessories that befit the occasion.

To show off favorite tableware, create a mix-and-match setting with dishes, baskets, and linens that's sure to draw compliments. This lovely table includes "Blue Gingham" by Jacques Jugeat, blue spackleware by Otagiri, and "Nicole" (floral motif) by Haviland.

Buying information, page145

Photographs: Thomas Hooper. Location: American Stanhope Hotel, New York. Quilts: The Gazebo, New York.

STEP-BY-STEP

HARDWORKING WORKBENCH

C. Michael Stowers

Well designed and easy to make, this project gives you good solid woodworking know-how, and the product is a durable, sturdy workbench. There's more than 40 cu. ft. of storage space within the cabinet—space that can be easily adapted to your needs. A tempered hardboard work surface can be flipped or replaced when worn out.

Simple, straightforward construction is the key to this bench. Materials are common construction products that are reasonably priced, and all materials are available at any lumberyard or home-center supply store.

The bench (*right*) is 42 inches high—the most comfortable height for household repair work, odd jobs, and hand-tool projects. A bank of drawers fits into one of the four storage compartments (see *page* 97 for drawer construction); the others contain three rows of holes for adjustable shelves of two widths.

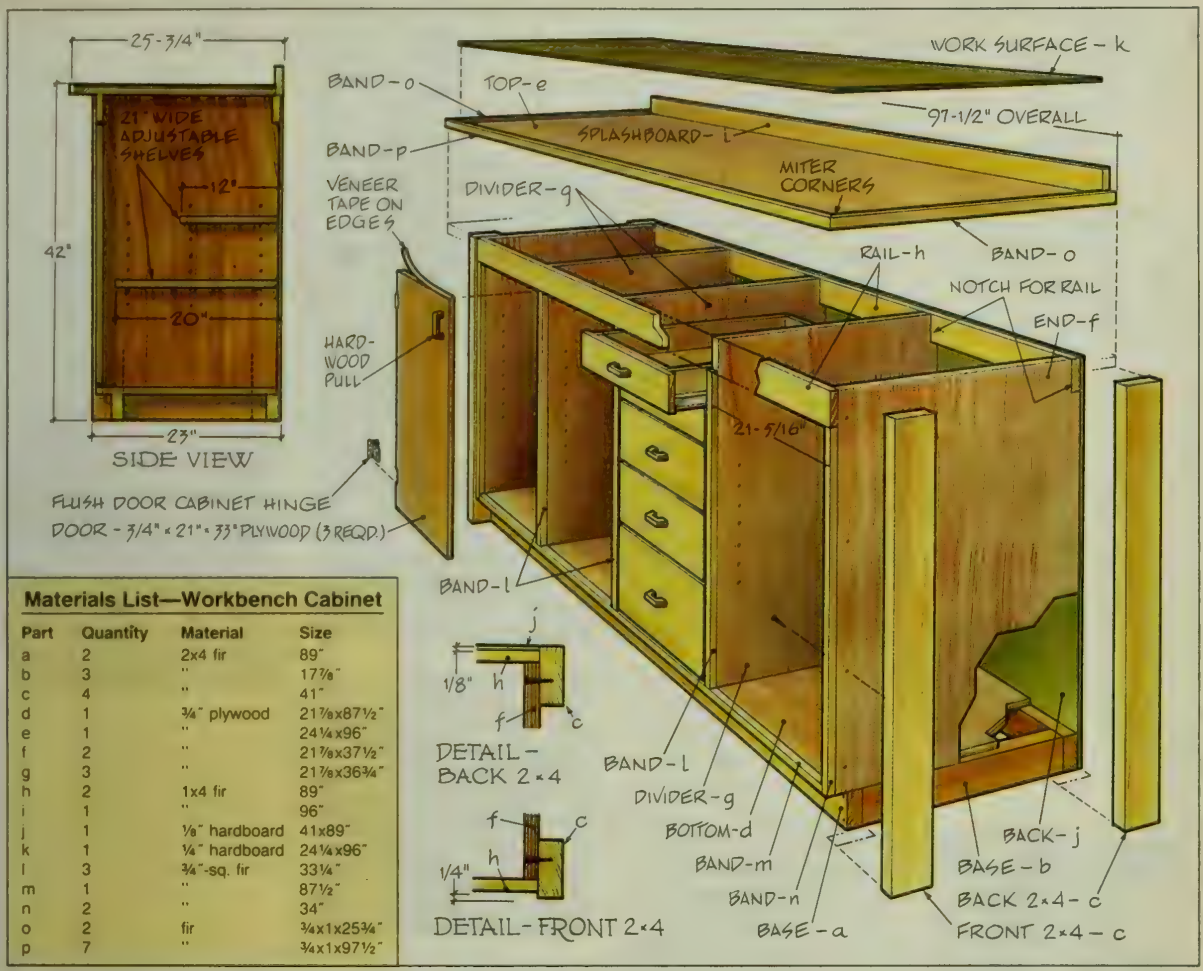


1. Cut all parts of the cabinet and its base frame. Attach a ¾-inch-square band of solid wood to the front edge of the ends, center dividers, and bottom piece with finishing nails and glue. Stop the band 3½ inches from the top of the ends and dividers. This is an old trick for finishing the edge of plywood and forming a notch at the same time. This notch is for the front rail. Cut notches out of the plywood for the back rail. Nail the base frame together—make sure it's square, and set it aside. Then scrape off any glue squeeze-out on cabinet parts and sand smooth.

2. Mark the center line position of the dividers on the underneath side of the cabinet bottom piece. To begin assembly, hold the ends and dividers in a vertical position by securing them in a Jorgenson clamp (*photo A*). Run a bead of glue along the adjoining edges. Nail through the bottom into the bottom edge of the center dividers (*photo B*).



A

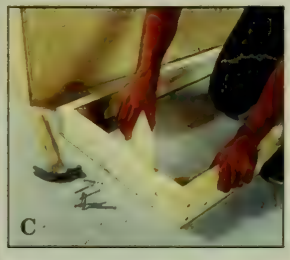


Materials List—Workbench Cabinet

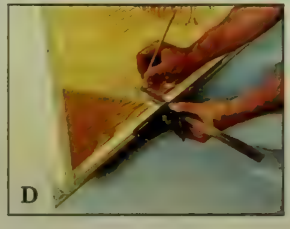
Part	Quantity	Material	Size
a	2	2x4 fir	89"
b	3	"	17⅞"
c	4	"	41"
d	1	¾" plywood	21⅞x87½"
e	1	"	24¼x96"
f	2	"	21⅞x37½"
g	3	"	21⅞x36¾"
h	2	1x4 fir	89"
i	1	"	96"
j	1	⅛" hardboard	41x89"
k	1	¼" hardboard	24¼x96"
l	3	¾"-sq. fir	33¼"
m	1	"	87½"
n	2	"	34"
o	2	fir	¾x1x25¾"
p	7	"	¾x1x97½"



3. Apply glue to base frame (*photo C*). Now turn the cabinet assembly upright, onto the base, and align the back and ends flush. Mark the center line of the base frame front on



the cabinet bottom piece (*photo D*). Nail cabinet bottom to the base frame.



4. Turn the cabinet on its back and align the ends of the top rails with the ends of the cabinet at the



bottom; mark the position of the center dividers on the top rails (*photo E*). Nail the front rail in place and then turn the cabinet over



on its front, and nail the back rail (*photo F*).

5. Offset the back 2×4s from the back cabinet edge ⅛ inch to conceal the edge of the hardboard back. This requires some fine

STEP -BY- STEP

positioning: place the 2×4 in its approximate position and offset about ¾ inch from the edge of the cabinet. Clamp it lightly with C-clamps. To prevent imprinting fir or pine, always use scrap wood pads with C-clamps. Place a scrap piece of hardboard on the cabinet back abutting the 2×4 and lightly tap the 2×4 down until it is just flush with the hardboard


G

(*photo G*). Repeat this process at each end of the 2×4. Once you have the 2×4s in position, tighten the clamps another quarter-turn. Then bore holes for No. 10, 1½-inch wood screws and attach 2×4s from the inside.

6. Square the cabinet and attach the hardboard back. Place the hardboard in its approximate position (*photo H*) and align it along the bottom. Nail that side down. Now, leaving the cabinet front side down, push a top corner of the


H

cabinet against a wall and push on the opposing bottom corner. This brings all edges of the cabinet in line with the hardboard. Once square, finish nailing the hardboard in place.

Turn the cabinet over and attach the front 2×4s in the same way you attached the back 2×4s, but use a double thickness of ⅛-inch hardboard. A ¼-inch offset is clearly visible and gives a fine appearance to the workbench.

7. Use a hardboard template inside the compartments to bore holes for adjustable shelves (*photo I*). Bore three rows of holes ½ inch deep, 2 inches apart, and extending 10 inches from the bottom to 10 inches from the top of the compartment. Circle the holes to be used on the ⅛-inch template and tack the template into position over one side of a compartment. Attach a stop to your drill bit and


I

bore the holes ½ inch deep. To make a stop, bore through the end of a piece of scrap 1×1 or dowel that's about as long as the exposed part of the bit chucked in your drill. Pull the piece off the bit and align it alongside the bit abutting the chuck. Mark the point that will leave ⅝ inch (½ + ⅛) of your bit exposed. Cut the excess off and run your stop back down on the bit.

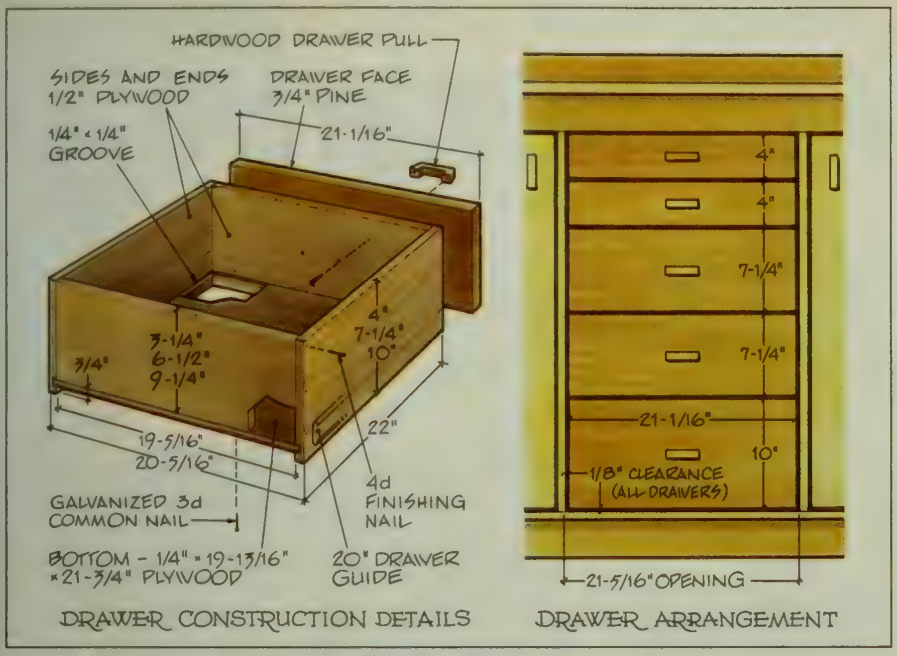
After boring the holes for one side, flip the template, front to back, and position it over the other side of the compartment. In the adjoining shelf compartment, repeat this procedure, but place a ½-inch piece of scrap wood at the back of the template. This prevents the holes from aligning with the holes in the other compartment, and thereby prevents shelf support lugs in adjacent compartments from colliding. Use ½-inch or ¾-inch plywood for the shelves. The ideal widths, front to back, are 12 inches and 21 inches. Use metal shelf support lugs (*photo J*).



8. Make the drawers using simple butt-joint construction. A 42-inch-high bench takes 5 drawers with the dimensions given in the drawing (*right*). Cut a groove for the bottom in the front and two sides of each drawer. The back is not grooved because the bottom abuts this piece. Assemble the front sides and back using butt joints, nails, and glue. Then slide


K

the bottom into place (*photo K*). Work some glue between the bottom and the back piece, and then nail through the bottom



into the back with 3d galvanized nails. These nails have super holding power and both nails and glue are required at this joint to prevent the bottom from eventually sagging. Automatically ensuring that your drawers are square is the advantage of this construction method. An alternative method for making the drawer backs is to cut and groove the back the same as the drawer front and sides.

9. Install the drawers working from the bottom. Dimensions allow a ½-inch clearance for 20-inch metal drawer guides on each side of the drawers. Position guides on a ⅛-inch hardboard spacer piece and against a ¾-inch stop clamped to the front edge of the cabinet. Install screws in the vertical slots of the guides, then try the drawers. Adjust as necessary, then install remaining screws in the


L

guides. Place the hardboard spacer piece on this drawer and repeat the procedure for the next drawer (*photo L*). Even if your guides allow you to make minor adjustments, have the faces of the drawers tacked in temporary position until after you have the whole bank of drawers installed.

Install the faces, working up from the bottom again. Reposition the face if necessary and attach with screws from the inside.

10. Hang the doors. Attach hinges to the door first. Then cut a square notch from a piece of ⅛-inch hardboard and clamp this piece at the bottom of the door opening with the cabinet edge in the notch. Allow the door to rest in its approximate position on


M

this piece of hardboard. The hardboard ensures that you have the clearance you need at the bottom while helping you hold the door. Mark the top screw hole for the top hinge first. Mark the screw position with an awl and then either punch or bore for this screw. Drive this screw through the hinge to shank depth. Repeat procedure for the bottom hinge (*photo M*). Now drive these screws down; remove the hardboard piece, and test-swing your door. Drive the other screws if you have a good fit. If your door is off, withdraw the screws. Dab the wood end of a matchstick into glue and push into each screw hole and break it off. Repeat above procedure starting with bottom holes.

11. Assemble the top. Attach its band, miter the two front corners, and attach the splashboard.

12. Finish all parts separately. Remove drawers and doors from cabinet. Paint or varnish cabinet, drawers, doors, and top assembly. When the finish is dry, rehang the doors, attach magnetic catches. Replace the drawers and nail down the top. Measure for placement of handles and pulls.

13. Lay the hardboard work surface in place. Fasten it with a few screws so you can remove them


N

easily to flip the surface over for painting and other messy jobs. When the hardboard gets scratched, scarred, and heavily spattered with paint, replace it.

To order Plan No. 50563, see page 142

Photographs: Mike Dieter
Illustrations: Eugene Thompson
Project design: The Design Concern

Magnificent MAIN ROOMS

Tear Down the Walls for Today's New Living Spaces

By CarolAnn Shindelar

Question: *What do you get when you combine a kitchen, dining area, and family room into one open space?* ***Answer:*** *A main room!* ***BH&G*** *editors recently asked readers to help us name this new room, and from the thousands of suggestions you sent, we declared "main room" the winner. Here are some outstanding examples of how you can create your own main room.*



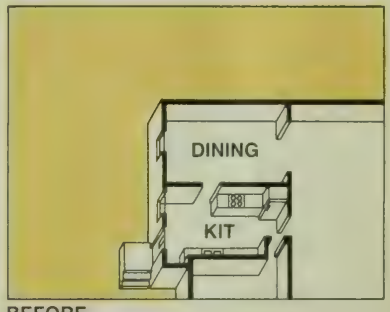


Expand existing space

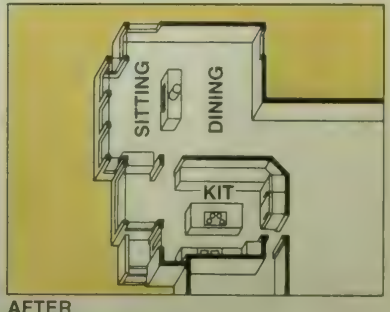
The first step in creating a main room is to look at the way your kitchen, dining, and living areas are arranged and how they tie together. Perhaps you can simply remove a wall or two between them, and develop a unifying design scheme to make a main room. More likely, though, you'll have to add some space, redirect traffic flow, or shuffle rooms to come up with a workable new space.

In the main room make-over shown here, the kitchen and dining areas were adjacent, but not open, to each other, and removing the wall between them would have cost too much kitchen storage and work space. So the smart solution was simply to expand both rooms by pushing out the back wall of the house a few feet and adding an informal family sitting spot (*left*). The overhead beam and center post show where the end wall of the house used to be; everything to the left is new.

The kitchen was gutted and reshaped during the remodeling as well (*above*). Bountiful storage and work space is provided by two walls of laminate-topped cabinets and a 3½ × 7-foot center island. The hood over the cooktop also is covered with laminate.



BEFORE



AFTER

Photographs: Bill Helms. Architect: Roy McCutcheon, AIA
Interior design: Mimi Weckstein
Field editor: Bonnie Maharam

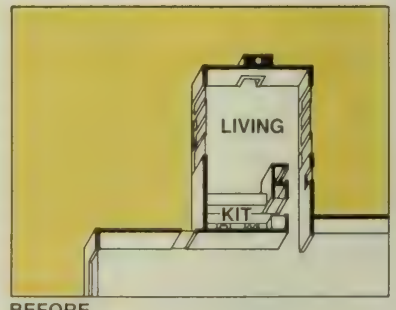


Build an addition

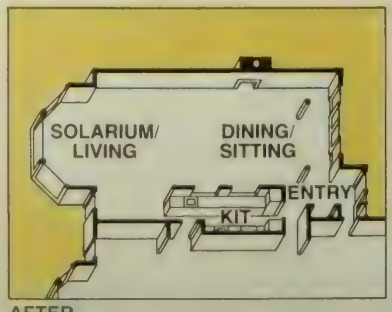
Contemporary architecture and traditional interior design create a breathtakingly open and free-flowing living/dining space in this new main room (*right*). "I just drove a bulldozer through the house and added the new space I always wanted," says homeowner Margaret Ruddock. Generous volumes of space come from the exposed trusses supporting the roof, which allows the interior to be free of uprights, while light from a 10×17-foot skylight at the ridgeline floods the room.

The truss between the two kitchen openings (*above*) marks the spot where the original living room wall ended; everything to the right of the truss is new. (Originally, the old living area had a flat roof at about the height of the bottom of the new 2×8 beams.) Enlarging the space allowed the dining area to be relocated here, adjacent to the kitchen.

Keeping the kitchen partially closed to the living space helps maintain the traditional feel of the main room, but window-size openings allow the kitchen to share the light and openness of the living area. The kitchen, dining, and living room walls are covered with 1×8 tongue-and-groove paneling to tie the three spaces together.



BEFORE



AFTER

Photographs: Ernest Braun. Architect: Hank Bruce
Interior design: Margaret Ruddock
Field editor: Helen Heitkamp







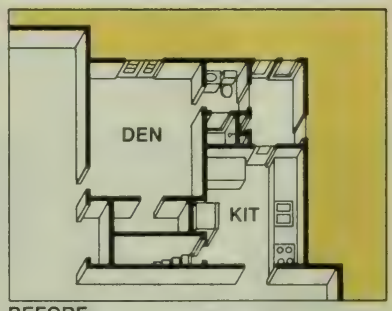


Reshuffle rooms

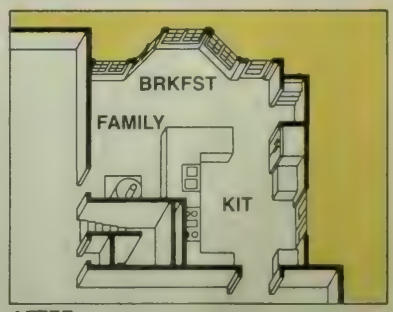
The day Connie Williams bumped into her kitchen stove "for the thousandth time" was the day she says she realized how much she hated her kitchen. Her only recourse was to remodel—which in turn spawned a full-fledged redo of that whole section of the house. "And it was worth every torn-up minute of it," Connie says with enthusiasm. "We really love this house now—it's so wonderfully comfortable."

The free-flowing spaces you see in these photos used to be chopped into four little cubes: kitchen, back porch, half bath, and den. Now the porch and bath are a sunny dining area, the den is a comfortable family room, and the kitchen is open to both. A 2-foot-wide tiled countertop defines the kitchen work space (*left*) without walling up the cook. Appliances were reshuffled during the remodeling, the space was enlarged, and a 10-foot-wide bay window (which is just 3 feet deep) was bumped out adjacent to the dining area to bring in light.

Storage abounds in the main room, thanks to a row of cabinets below the wide counter that replaced the kitchen wall (*above*). The family room (*above right*) is only about 10×12 feet, but seems much larger because it shares visual space with the kitchen and dining nook. A wood stove provides coziness and warmth during the winter.



BEFORE



AFTER

Buying information, page145

Photographs: Ernest Braun
Architect: William B. Remick, AIA
Field editor: Barbara Cathcart

Fresh Outlooks For Your WINDOWS

Fabrics Are Back More Beautiful Than Ever!

By Denise L. Caringer

Treat yourself to a beautiful new outlook. Fabric window coverings are back—and they look terrific! From breezy curtains and pretty poufs to sophisticated shades, these room-freshening designs lend themselves to an array of decorating styles.

Whether you're looking for some start-from-scratch treatments or new ways to dress up your existing blinds or shades, our examples offer adaptable ideas to get you started.





Drape a little drama

There's something both nonchalant *and* elegant about this dramatic drape (*left*). When looped over an ordinary rod like this, a simple length of fabric assumes an air of confident sophistication. Volume is an essential part of the look; be sure your fabric is long enough to cascade gracefully onto the floor.

At home in this modernized old bathroom, the treatment would work equally well in a traditional setting.

Photograph: Ernest Braun
Design: Robert Feigel and John Gypson
Location: San Francisco Decorators Showcase
Field editor: Barbara Cathcart



Shirr some sheets

Starchy white curtains blowing gently in the breeze are no longer just a memory. This vestige of romantic simplicity is back in style and right in step with today's return to softness.

In this master bedroom, ready-made, lace-bordered sheets (*above*) are simply gathered onto a white-painted wooden pole. For additional softness and street-side privacy, narrow panels of shirred white fabric cover the lower portion of the windows.

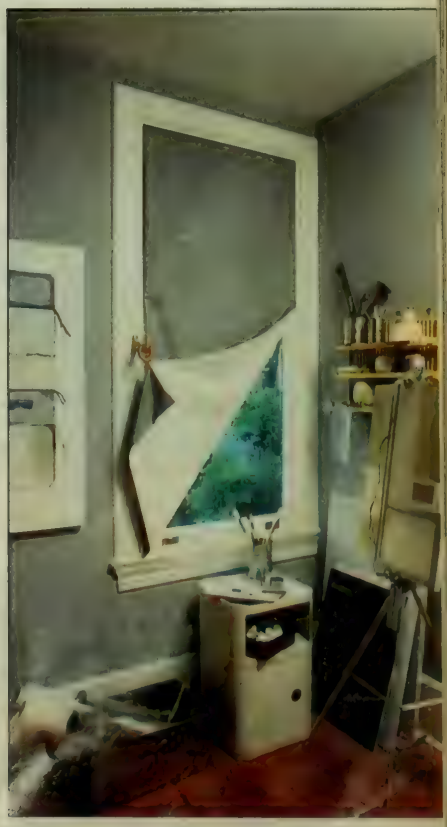
Photograph: Ernest Braun
Design: Lynn Bellati
Field editor: Helen Heitkamp

Add a fabric fold

Ordinary canvas and a humble tension rod yield extraordinary style when combined like this (*below*). At night, the fabric falls flat against the window; during the day, it's held open by a macrame ring that hooks over a curtain-rod bracket. The treatment consists of two canvas pieces sewn together like a pillowcase and held in place by a tension rod. Velcro "tacks" along the panel's edges and window frame maintain the clean, crisp lines.

Photograph: Ernest Braun. Design: Kathy Murray
Location: Hillsborough Decorators' Show House
Field editor: Barbara Cathcart

Buying information, page 145





Layer On Some Elegance

"Pouf" a curtain

Sheer white curtains are a good starting place for today's new window wear. But don't stop there! Let the lyrical scallops of a balloon shade wrap your windows with decorative impact (*above*). Here, the unexpected plaid shade teams with a full-skirted table and a reproduction French chair to bring a once-forgotten stairway corner to life. A small area rug helps set off the delightful grouping.

Photograph: Fred Lyon. Design: Wanda Boyle and Yvonne Cunningham, ASID. Location: American Cancer Society-ASID Designers Showcase, Palo Alto, Calif.
Field editor: Barbara Cathcart



Soften a mini-blind

Embellish a mini-blind with a floral fabric border (*above*), and you have the best of two worlds: romantic softness *and* flexible control of light and privacy. Here, the fabric helps turn a formerly contemporary room into one that alludes gently to country-French cottages.

Wicker chairs, plumped with cushions matching the valance, carry out the casual gardenlike scheme.

Make your own valance by stapling fabric onto a 1×1 wood strip and mounting it above the blinds.

Photograph: Ernest Braun. Design: Suzanne Mathis.
Field editor: Helen Heitkamp





Trim a Roman shade

Yards of gauzy gathers frame a Roman shade to lend grandeur to this ordinary bathroom (*above*). Although the top of this window is really at midpoint on the wall, the ceiling-mounted window treatment gives bold full-height impact.

The layered covering stands out handsomely against gray-painted walls. To strengthen the gray-and-white scheme, plain bath towels are customized with sewn-on stripes of grosgrain ribbon.

Photograph: Ernest Braun. Design: Richard Kaleh
Field editor: Barbara Cathcart

Buying information, page 145



Screen a skylight

Modern-day skylights step back in time when graced with elegant fabric layers (*left*). A Roman shade provides flexible sun control, while fixed tieback curtains add a dressy touch. The Roman shade slides up and down against a 1×1 wood strip that is mounted inside the casing and covered with fabric. The tiebacks, shirred onto a tension rod at the top, are stapled to the frame at the bottom. Fabric sashes wind around the bottom edges for a tailored finish.

Photograph: Ernest Braun. Design: Jean Brown
Location: Hillsborough Decorators' Show House
Field editor: Barbara Cathcart



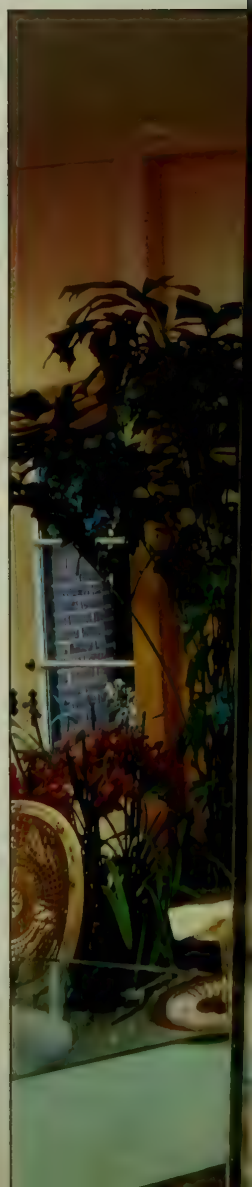
Let A Shade Solo

Try an airy balloon

Airy and fresh, this billowy balloon shade (*above*) nods to the past—without being stuffy.

With its deep, ruffled header and plain cotton fabric, the pretty pouf exudes casual country-house charm. An interior window box, supported on ordinary metal L-brackets and filled with abundant greenery, a curlicued wicker chair, and a delightful mini-print wall covering reinforce the springtime feeling.

Photograph: D. Randolph Foulds
Design: Susan Black Designs
Location: Boston Jr. League Showhouse





Add a crisp stripe

Crisply tailored Roman shades settle into casual or formal rooms with equal ease. With just the right fabric, you can even create a fantasy indoors.

In this dining area (*left*), the effect is decidedly *alfresco*. Bold, awning-striped shades—coupled with a cool sea-blue floor, antique Spanish furniture, and sandy-white walls—foster the mood of an open Mediterranean porch.

Photograph: Ernest Braun
Design: Victoria Foster-Gwin
Location: San Francisco Decorator Showcase
Field editor: Barbara Cathcart



Insulate attractively

Today, you can have energy savings and good-looking window treatments, too. New products, like this insulated Roman shade (*above*), handsomely seal your windows against heat loss.

Also available in romantic balloon styles, the energy-wise coverings include layers of lining, vapor barrier, insulation, and virtually any decorative cover fabric you choose. Magnetic side seals (sewn into the shade and tacked to the window trim) keep heat from escaping around the shade's edges.

Photograph: George Ceolla
Design: Robert E. Dittmer



Use a graceful Roman shade

Let your window treatment bow to tradition—literally. These Roman shades (*left*) are raised by tapes and cords that run along the edges only, letting the fabric fall into a classical arc between them.

Made of artist's canvas painted a soft peach, the shades team with matching fabric-covered walls and lambrequins (frames built out around the windows) for a smooth, wall-to-wall glow.

Photograph: Ernest Braun
Design: Larry Lane
Location: Hillsborough Decorators' Show House
Field editor: Barbara Cathcart

Buying information, page 145

DESSERTS FOR *SWEETHEARTS*

By Joy Taylor

Lace valentines and homemade sweets won hearts in our grandparents' day. Come February 14 (or any other special day), follow the enchanting tradition and share one of these delicious delights with your loved ones. They'll be smitten!



PETAL TARTS

1 package piecrust mix (for 2-crust pie)
3 tablespoons sugar
⅓ cup chocolate-flavored syrup
1 20-ounce can calorie-reduced cherry pie filling
2 tablespoons burgundy
½ cup dairy sour cream
1 recipe Hearts

Combine crust mix and *2 tablespoons* sugar; add syrup and mix well. On floured surface, roll dough to ⅛-inch thickness. Cut into forty-eight 2-inch circles, rerolling the trimmings as necessary. Place a dough circle in bottom of eight ungreased 6-ounce custard cups. Overlap 5 circles around sides of cups; press to seal. Bake in 350° oven 20 minutes. Cool slightly. Remove from cups. Cool thoroughly. Combine pie filling and burgundy; spoon into cups. Chill. To serve, combine sour cream and remaining sugar; spoon over filling. Top each with a Heart. Makes 8.

Hearts: Melt ⅓ cup *semisweet chocolate pieces* with 1 teaspoon *butter* or *margarine;* spread ⅛ inch thick on waxed-paper-lined baking sheet. Chill 10 minutes. Press small heart cutter into chocolate. Chill till firm. Lift out cutouts. Cover; chill. Remelt trimmings; drizzle over hearts. Rechill till needed.

Photograph: William K. Sladcik
Food stylist: Fran Paulson



LEMON TORTE

4 egg whites
1 teaspoon vanilla
½ teaspoon cream of tartar
¼ teaspoon almond extract
¾ cup sugar
2 tablespoons sliced almonds
⅔ cup sugar
1 teaspoon unflavored gelatin
6 beaten egg yolks
½ teaspoon finely shredded lemon peel
⅓ cup lemon juice
2 tablespoons butter *or* margarine
¾ cup whipping cream
1 recipe Raspberry Sauce

Line two or three baking sheets with brown paper; draw three 7-inch circles and grease lightly. In a large mixer bowl beat egg whites, vanilla, cream of tartar, and extract with an electric mixer on medium speed to soft peaks. Gradually add the ¾ cup sugar, beating to stiff peaks. Spoon *one-third* of the mixture into a pastry bag fitted with a star tip. Pipe a lattice design within one of the circles; pipe a border around the lattice. Sprinkle almonds over lattice. Spread remaining egg white mixture over remaining circles. Bake in 300° oven 45 minutes. Turn off oven; let meringues dry in oven 3 hours or overnight (do not open oven door).

In saucepan combine ⅔ cup sugar and gelatin. Add yolks, lemon peel and juice, butter, and ⅓ cup *water*. Cook and stir till bubbly; cook 2 minutes more. Remove from heat. Cover surface with waxed paper; cool. Chill till mixture mounds slightly when spooned. Beat cream to soft peaks; fold into lemon mixture. Place one solid meringue on platter; spread *half* of the lemon mixture over it. Top with second solid meringue, then remaining lemon mixture. Top with lattice meringue. Cover loosely; chill 6 hours or overnight. Serve with *Raspberry Sauce:* In saucepan combine one 10-ounce package *frozen raspberries*, thawed, 2 tablespoons *sugar*, and 1 tablespoon *cornstarch*. Cook till bubbly; cook 2 minutes more. Press through a fine sieve; discard seeds. Cover sauce; chill. Makes 10 servings.

The World's Easiest and Tastiest MAIN DISHES

By Joy Taylor

Busy people in Peking, Paris, and beyond are just like you! On hectic days, they too rely on timesaving recipes to feed their families, and you'll find some of the world's best-tasting examples right here. One taste of these internationally acclaimed main dishes and you'll agree that the formula for fuss-free cooking is the same in every language—fresh foods, simple seasonings, and basic techniques. Your family will exclaim, "Bon appétit!"

45 MINUTES FROM START TO FINISH

Arrive home at 6 and sit down to a home-cooked dinner before 7. It's easy to do when your menu includes one of these time-shaving, mouth-watering specialties from Spain, France, and Greece.

Recipes begin on page 120
Buying information, page 145



EGGS SOFRITO
▶ Cooks worldwide recognize the quick-to-fix virtue of eggs. Spaniards poach them in sofrito, a spicy tomato sauce, with sassy results. Serve the meal from the skillet and include a traditional accompaniment, corn bread.







AIOLI PLATTER
◀ This meal shows off the love of the French for garlic and unassuming sauces. In minutes, three garlic cloves flavor the classic aioli (ay-O-lee) sauce that crowns vegetables, fish, and eggs.



REDDENED VEAL
▶ Enjoy great Greek food in your own kitchen. Here, veal is seasoned with tomatoes and mint, capped with feta cheese, and served with orzo—a pastalike grain found by the rice in supermarkets.





The World's Easiest
FIX-AND-FORGET

No need to hover over the pot when you put these dishes on the stove or in the oven. During the after-work, after-school rush, a self-simmering dinner from Italy, Hungary, or China frees you for an hour or more. The aromas will beckon you back when dinner's ready.

Choose heavy saucepans and skillets for walk-away-from-the-stove meals. Utensils made from cast iron and stainless steel withstand high temperatures, preventing the food from scorching. These reliable utensils also ensure proper doneness of the food at the expected time.

Recipes begin on page 120
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LAMB FRICASSEE

◀ The name "fricassee" sounds exotic; the preparation and cleanup are far from it. Meat and vegetables (in this case lamb cubes, pearl onions, and whole mushrooms) oven-braise in a skillet that's reused for making the egg-yolk-thickened lemon glaze. Top it all off with crumbled bacon.

Cook a pot of linguine, toss together a salad, and uncork a bottle of wine to complete the meal in true Italian-style.







BEEF GOULASH

◀ Goulash, a mainstay of Hungarian cooking, is renowned worldwide. It's not surprising—making Goulash is nearly effortless! For this sauerkraut stew, stove-top simmering produces succulent flavor that's hard to beat. Beer and caraway season the broth.



ORIENTAL HENS

◀ Chinese cooks steam more than just vegetables; meat, poultry, and fish benefit from the same preparation. For this Far East main-dish favorite, stir together some hoisin sauce and five spice powder to glaze the Cornish hens.

The World's Easiest
COOK-AT-THE-TABLE

Cooks from east to west have taken themselves and the kettle out of the kitchen. They've discovered the benefits of tabletop cooking: pleasing food, mealtime fun, and—just as important—it's simpler for everyone. Venture out of your kitchen and enjoy these dishes right at the dinner table.

Set a pretty, yet functional, dinner table when you cook atop it with friends and family. Center the activity around a table that's small enough for everyone to participate. Choose wash-and-wear linens that can stand up to any drips and drops. And avoid centerpieces or glassware that might interfere with the group cooking.

Recipes begin on page 120
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FRIED CHEESE

▶ One bite, and you'll understand why croquettes are so popular throughout Belgium. The cheese-and-shrimp squares can be mixed and shaped ahead, then stored in the freezer. To serve, bring a saucepan and hot plate, small deep-fryer, or electric fondue pot to the table so everyone can cook the morsels, and enjoy them fresh-fried and hot. Serve with herb sauce.



SHABU-SHABU

▶ Japanese cooks perfected tabletop cooking centuries ago. And one of their best-kept secrets is Shabu-Shabu (SHAH-boo).

For this colorful meal, diners swirl paper-thin beef strips, vegetables, and tofu through hot broth using tongs or chopsticks. Then, each dunks the just-cooked pieces in a soy-sesame dipping sauce and catches any drips over a bowl of hot cooked rice. To conclude the meal, serve bowls of the richly flavored hot broth from the electric wok or hot pot.

Photographs: William K. Sladcik
Food stylist: Fran Paulson





Sample the World!

IT'S SIMPLE WITH SEASONINGS



▲ Middle Eastern Seasoning:
⅓ cup raisins
1 teaspoon dried mint, crushed
For garnish: spread ½ cup plain yogurt or dairy sour cream over top of pie; sprinkle 1 teaspoon toasted sesame seed over the yogurt.

▲ Italian Seasoning:
1 teaspoon dried basil, crushed
½ teaspoon dried oregano, crushed
¼ teaspoon fennel seed, crushed
For garnish: top pie with 7 tomato slices and ¼ cup grated Parmesan cheese; bake 2 minutes more. Add fresh oregano sprigs.

▲ Caribbean Seasoning:
2 tablespoons chopped green chili peppers
1 teaspoon finely shredded lime peel
¼ teaspoon ground red pepper
For garnish: arrange 6 thin slices Edam cheese on pie; bake for 1 minute more. Top with sliced chili peppers.

Cook Italian tonight, Middle Eastern tomorrow night, or whatever style of foreign cookery you favor. It's easy, easy as this main-dish pie, because all you have to change are the seasonings! Choose the flavorings for Continental Pie or any favorite food to turn it into a cuisine you're hungry for.

CONTINENTAL PIE

1 9-inch folded refrigerated *or* frozen unbaked piecrust
1 pound lean ground beef
1 medium onion, chopped
1 carrot, shredded
¼ cup all-purpose flour
Italian Seasoning, Middle Eastern Seasoning, *or* Caribbean Seasoning
1 cup milk
1 cup shredded process Swiss cheese (4 ounces)
1 cup frozen peas, thawed

Thaw pastry, if frozen. Unfold pastry; brush with flour according to package directions. Fit dough into a 9-inch pie plate; flute edges high. Line pastry with heavy-duty foil. Bake in 450° oven 5 minutes. Remove foil; bake 5 to 7 minutes more. In skillet cook meat, onion, and carrot till meat is brown. Drain fat. Stir in flour and desired seasonings. Add milk. Cook and stir till bubbly. Cook 2 minutes more. Add cheese; stir till melted. Remove from heat. Stir in peas. Turn mixture into crust. Bake in 350° oven 20 to 25 minutes. Garnish as directed for each seasoning. Let stand 5 minutes. Serves 6.

Photograph: Scott Little


When was the last time you sat down to food that looked this good?
When was the last time you had dinner with the Swansons?
SWANSON
TURKEY
(Mostly White Meat) DINNER



Turn routine to Florentine

Suddenly, an ordinary meal becomes something special whe you add deliciously different new UNCLE BEN'S® Rice Florentine. A tantalizing blend of garden herbs, savory seasonings and the finest long grain rice. And it's so simple to prepare. So tonight, turn routine to Florentine with Rice Florentine from UNCLE BEN'S

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continued

Easiest main dishes

Our seal assures you that every recipe has been tested in and is endorsed by the Better Homes and Gardens® Test Kitchen.

How to Use Our Nutrition Information

Good nutrition seems to be on everyone's mind these days. To help you keep track of the calories, protein, carbohydrate, fat, cholesterol, and sodium you consume, we've included those amounts by gram weight per serving for our recipes.

You also can check the vitamin and mineral content of each recipe—these are given in percentages of the United States Recommended Daily Allowance (USRDA) whenever the value exceeds 10 percent per serving. The USRDAs are standards developed by the United States Food and Drug Administration. Use them as a guide to see how well each recipe meets your family's nutrition needs.

How to Use Nutrition Analysis

The nutrition summaries with recipes can help you plan more healthful family meals. Start by looking at the essential nutrients each recipe provides. Then decide its importance to your diet in supplying protein, vitamins, minerals, and so forth.

To put the numbers in perspective, here are some simple guidelines based on daily needs of females, 23 to 50 years old: calories—2,000, protein—45 to 65 grams, fat—85 grams, cholesterol—300 milligrams, sodium—1,100 to 3,300 milligrams. (In general, males and teenagers need more calories.) Use these as ballpark figures—there's no real harm in going over or under these figures in any single day, but you should aim for a balanced diet overall.

We used these guidelines to figure the nutrition analysis of each recipe:

- When ingredient options appear in a recipe, the first ingredient is used.
- "Optional" ingredients are omitted in the analyses.
- The nutrition analyses for recipes calling for fresh ingredients are calculated using the measurements for raw fruits, vegetables, and meats.
- If a recipe gives optional serving sizes (such as "Makes 6 to 8 servings"), the nutrition analysis is calculated using the first choice.

EGGS SOFRITO

Purchased garlic puree and frozen chopped onion can save extra time—

1 16-ounce can tomatoes, cut up
1 medium onion, chopped (½ cup)
2 cloves garlic, minced
1 bay leaf
⅛ teaspoon pepper
1 cup frozen peas
4 eggs
1 cup sliced smoked sausage *or* fully cooked ham cut into bite-size strips
1 2-ounce jar sliced pimiento, drained

In a 10-inch skillet combine the *undrained* tomatoes, onion, garlic, bay leaf, and pepper. Bring to boiling. Boil, uncovered, 8 to 10 minutes or till most of the liquid is evaporated and onion is tender. Discard bay leaf. Stir peas into tomato mixture. Break eggs into tomato mixture, being careful not to break yolks. Arrange sausage or ham around eggs. Sprinkle pimiento over all. Cover; simmer over low heat 10 to 12 minutes or till eggs are of desired doneness. Serve from skillet. Makes 4 servings.

Per serving: 274 cal., 17 g pro., 14 g carbo., 17 g fat, 271 mg chol., 610 mg sodium. USRDA: 44% vit. A, 70% vit. C, 23% thiamine, 18% riboflavin, 16% niacin, 21% iron, 25% phosphorus.

continued

GET CRUNCHIER, MORE DELICIOUS FRIED CHICKEN

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Fried Chicken

⅔ cup unsifted flour
1 tsp. salt
1 tsp paprika
½ tsp garlic powder
½ tsp pepper

1 can (5.3) ounces evaporated milk
2½ to 3 lbs broiler fryer chicken, cut up
¼ cup Crisco Oil

Mix flour, salt, paprika, garlic powder and pepper in plastic bag. Pour evaporated milk into bowl. Dip chicken in evaporated milk shaking off excess. Place in plastic bag, few pieces at a time. Shake to coat. Heat Crisco Oil in large skillet. Add chicken. Brown over medium-high heat. Cook over moderate heat about 25 minutes or until chicken is done, turning frequently. 4 servings

continued

Easiest main dishes

AIOLI PLATTER

4 eggs
¾ cup water
2 large carrots, peeled and quartered
1 9-ounce package frozen artichoke hearts
2 4- to 6-ounce fresh halibut steaks
½ cup dry white wine
1 egg
2 tablespoons lemon juice
3 *or* 4 cloves garlic, chopped
¼ teaspoon salt
½ cup salad oil
½ cup olive oil
Romaine leaves
1 cup fresh whole mushrooms
1 cup cherry tomatoes, halved
Pitted ripe olives (optional)
Snipped chives (optional)

Place the 4 eggs in a large saucepan; add enough water to cover eggs. Bring to a rapid boil over high heat. Reduce heat so water is just below simmering. Cover; cook 15 to 20 minutes. Pour off water; add cold water and ice cubes to cool eggs. Meanwhile, in a 3-quart saucepan bring the ¾ cup water to boiling. Add carrots. Cover; cook 8 minutes. Add the artichokes; cover and cook 7 to 8 minutes more or till vegetables are tender. Drain well; keep warm. In a small skillet cover halibut with wine. Bring to boiling; reduce heat. Cover; simmer 5 to 8 minutes or till fish flakes easily with a fork. Drain; keep warm.

For aioli sauce, in a blender container or food processor bowl combine the one egg, lemon juice, garlic, and salt. Cover; blend 5 seconds. With blender running, *gradually* add salad oil. (When necessary, stop blender and scrape sides.) With blender running, slowly add the olive oil, blending to a mayonnaiselike consistency. To serve, peel and slice hard-cooked eggs. On romaine-lined platter, arrange the eggs, carrots, artichokes, fish, mushrooms, tomatoes, and olives. Spoon aioli sauce in the center. Sprinkle chives over sauce. Pass remaining sauce. Serves 4.

Microwave directions: Conventionally cook eggs, carrots, and artichokes as directed; prepare sauce as directed. Meanwhile, arrange halibut steaks in a 12x7½x2-inch nonmetal dish; pour wine over steaks. Cover with vented clear plastic wrap. Micro-cook, on 70% power (MEDIUM-HIGH) for 7 to 8 minutes or till fish flakes easily with a fork, giving dish a half-turn after 3 minutes. Drain well. Serve as directed.

Per serving: 749 cal., 23 g pro., 14 g carbo., 67 g fat, 353 mg chol., 294 mg sodium. USRDA: 112% vit. A, 39% vit. C, 14% thiamine, 26% riboflavin, 34% niacin, 16% iron, 34% phosphorus.

REDDENED VEAL

For a pantry shelf substitute, use hot cooked macaroni instead of the orzo—

1 pound boneless veal *or* lamb leg round steak
4 green onions, sliced
2 tablespoons cooking oil
1 7½-ounce can tomatoes, cut up
½ of a 6-ounce can tomato paste (⅓ cup)
2 tablespoons dry white wine
2 teaspoons dried mint, crushed
1 teaspoon sugar
1 small zucchini, sliced
⅔ cup orzo (4 ounces)
¼ cup crumbled feta cheese

Cut meat into ¾-inch cubes. In a 10-inch skillet cook the meat and onions in hot oil till meat is brown. Add the *undrained* tomatoes, tomato paste, wine, mint, and sugar. Simmer, covered, for 12 to 15 minutes or till meat is nearly tender. Add the zucchini. Boil gently, uncovered, about 5 minutes more or till vegetables are tender. Meanwhile, cook orzo in a large amount of lightly salted boiling water for 5 to 8 minutes or till tender; drain well. To serve, sprinkle feta cheese over meat mixture and serve with hot orzo. Makes 4 servings.

Microwave directions: In a 1½-quart nonmetal casserole combine the meat, onions, *undrained* tomatoes, tomato paste, wine, mint, and sugar. Micro-cook, covered, on 100% power (HIGH) for 5 to 6 minutes or till mixture boils; stir. Reduce to 50% power (MEDIUM). Micro-cook, covered, for 10 to 12 minutes more or till meat is nearly tender. Stir in zucchini. Micro-cook, covered, on 50% power (MEDIUM) for 4 minutes or till zucchini is tender.

Per serving: 422 cal., 29 g pro., 32 g carbo., 19 g fat, 87 mg chol., 240 mg sodium. USRDA: 27% vit. A, 52% vit. C, 34% thiamine, 28% riboflavin, 53% niacin, 30% iron, 34% phosphorus.

LAMB FRICASSEE

A fricassee is a meat or poultry dish in which the meat is first browned, then cooked in a liquid or sauce. Stew is the term most often used to describe this cooking process—

2 strips bacon
2 lamb sirloin chops, cut 1 inch thick
⅓ cup water
⅓ cup dry white wine
10 whole fresh mushrooms
10 whole tiny boiling onions
1 teaspoon instant chicken bouillon granules
¼ teaspoon ground nutmeg
1 egg yolk
1 tablespoon lemon juice
Hot cooked linguine *or* fettuccine
Butter *or* margarine
Grated Parmesan cheese

In a 10-inch ovenproof skillet cook the bacon till crisp. Remove bacon from skillet; crumble and set aside. Reserve *1 tablespoon* drippings in skillet. Brown the chops on both sides in reserved drippings. Add the water, wine, mushrooms, onions, bouillon granules, and nutmeg to skillet. Cover and bake in a 325° oven about 1 hour or till meat is tender. Remove meat and vegetables to platter; keep warm. Skim fat from pan juices. Stir together the egg yolk and lemon juice. Stir *¼ cup* of the hot pan juices into yolk mixture. Return to skillet and cook over medium heat till sauce is slightly thickened. Spoon sauce over chops and vegetables; top with bacon. Serve with hot pasta tossed with butter or margarine and Parmesan cheese. Makes 2 servings.

Per serving: 754 cal., 36 g pro., 33 g carbo., 50 g fat, 283 mg chol., 588 mg sodium. USRDA: 15% vit. A, 41% vit. C, 32% thiamine, 51% riboflavin, 55% niacin, 23% calcium, 24% iron, 53% phosphorus.

BEEF GOULASH

In Hungary, this staple stew is known as Szekely Gulyas—

1 pound beef stew meat, cut into 1-inch cubes
1 medium onion, chopped
2 tablespoons cooking oil
1 12-ounce can (1½ cups) beer
¾ cup water
¼ cup tomato paste
1 tablespoon paprika
¼ teaspoon salt
¼ teaspoon caraway seed
¼ teaspoon pepper
3 potatoes (about 1 pound)
1 8-ounce can sauerkraut
2 tablespoons snipped parsley

In a Dutch oven cook the meat and onion in hot oil till meat is brown. Add the beer, water, tomato paste, paprika, salt, caraway seed, and pepper. Cover; simmer 1¼ to 1½ hours. Meanwhile, cut potatoes into 1-inch pieces. Add potatoes, *undrained* sauerkraut, and parsley to skillet. Cook, covered, about 20 minutes or till vegetables are tender. Cook, uncovered, 10 minutes more or till mixture is thickened and most of the liquid is evaporated. Serves 4.

Microwave directions: In a 2-quart nonmetal casserole combine the beef, onion, beer, *2 tablespoons* tomato paste, paprika, salt, caraway seed, and pepper. (Omit oil, water, and the remaining 2 tablespoons tomato paste.) Micro-cook on 100% power (HIGH) 5 minutes or till bubbly. Stir. Micro-cook, covered, on 50% power (MEDIUM) for 20 minutes. Stir in the potatoes, sauerkraut, and parsley. Cook, covered, on 50% power (MEDIUM) 30 minutes more or till meat and vegetables are tender, stirring every 10 minutes.

Per serving: 461 cal., 26 g pro., 28 g carbo., 25 g fat, 77 mg chol., 652 mg sodium. USRDA: 15% vit. A, 69% vit. C, 17% thiamine, 19% riboflavin, 40% niacin, 28% iron, 32% phosphorus.

continued



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continued

Easiest main dishes

ORIENTAL HENS

Buy five spice powder in Oriental food markets or prepare the homemade version—

2 Cornish game hens
8 whole fresh mushrooms
2 lemon slices
2 tablespoons hoisin sauce
2 tablespoons water
2 teaspoons five spice powder
½ teaspoon finely shredded lemon peel
1 red *or* green sweet pepper, cut into strips
2 cups bok choy cut crosswise into 2-inch pieces

Wash hens. Pat dry. Make four ½-inch-deep slashes in breasts of Cornish hens. Place four mushrooms and a lemon slice in each hen cavity. Tie legs together. Place hens on rack of a steamer. Stir together hoisin sauce, water, five spice powder, and lemon peel. Brush *two-thirds* of the mixture over hens, pressing it into the slashes. Position hens over, but not touching, boiling water in steamer. Cover; steam 50 minutes. Add pepper and bok choy to steamer rack. Steam 10 minutes more or till hens and vegetables are tender. Brush hens with remaining sauce before serving. Makes 2 servings.

Homemade Five Spice Powder: Combine 1 teaspoon *ground cinnamon;* 1 teaspoon *crushed aniseed;* ¼ teaspoon *crushed fennel seed;* ¼ teaspoon freshly *ground pepper;* and ⅛ teaspoon *ground cloves.* Store in a covered container.

Per serving: 453 cal., 62 g pro., 15 g carbo., 16 g fat, 261 mg chol., 194 mg sodium. USRDA: 166% vit. A, 322% vit. C, 25% thiamine, 93% riboflavin, 104% niacin, 17% calcium, 42% iron, 75% phosphorus.

FRIED CHEESE SQUARES

¼ cup butter *or* margarine
⅓ cup all-purpose flour
¼ teaspoon ground nutmeg
⅛ teaspoon pepper
1½ cups milk
3 beaten egg yolks
2 cups shredded natural Gruyère *or* natural Swiss cheese (8 ounces)
½ cup grated Parmesan cheese (2 ounces)
1 6-ounce package frozen cooked shrimp, thawed, drained, and chopped
3 egg whites
1 cup fine dry bread crumbs
Cooking oil for deep frying
1 recipe Spinach Mayonnaise (see recipe, page 127) (optional)

In a 2-quart saucepan melt the butter or margarine. Blend in flour, nutmeg, and pepper. Add milk. Cook and stir till thickened and bubbly. Cook 1 minute more. Stir about *½ cup* of the hot mixture into beaten egg yolks. Return all to saucepan. Cook and stir till bubbly. Add the cheeses; stir till melted. Remove from heat. Stir in shrimp. Line a 9x9x2-inch pan with clear plastic wrap or foil. Spread mixture in pan. Cover with clear plastic wrap; place in freezer till firm. Lift ends of plastic wrap or foil to remove mixture from pan. Cut mixture into 1-inch squares. Beat egg whites with 1 tablespoon *water* till frothy. Dip shrimp squares in egg white mixture, then in bread crumbs. Transfer squares to a moisture- and vapor-proof container; freeze till needed or cook immediately.

At serving time, arrange cheese squares on a platter. At the dinner table, pour oil into a saucepan set over a hot plate or an electric fondue pot to no more than half full. Heat oil to 365°. Have each person spear a cheese square on the end of a long wooden skewer or fondue fork. Immerse in hot oil and cook about 2 minutes or till golden. Transfer to dinner plate; serve with Spinach Mayonnaise. Makes 6 servings.

continued

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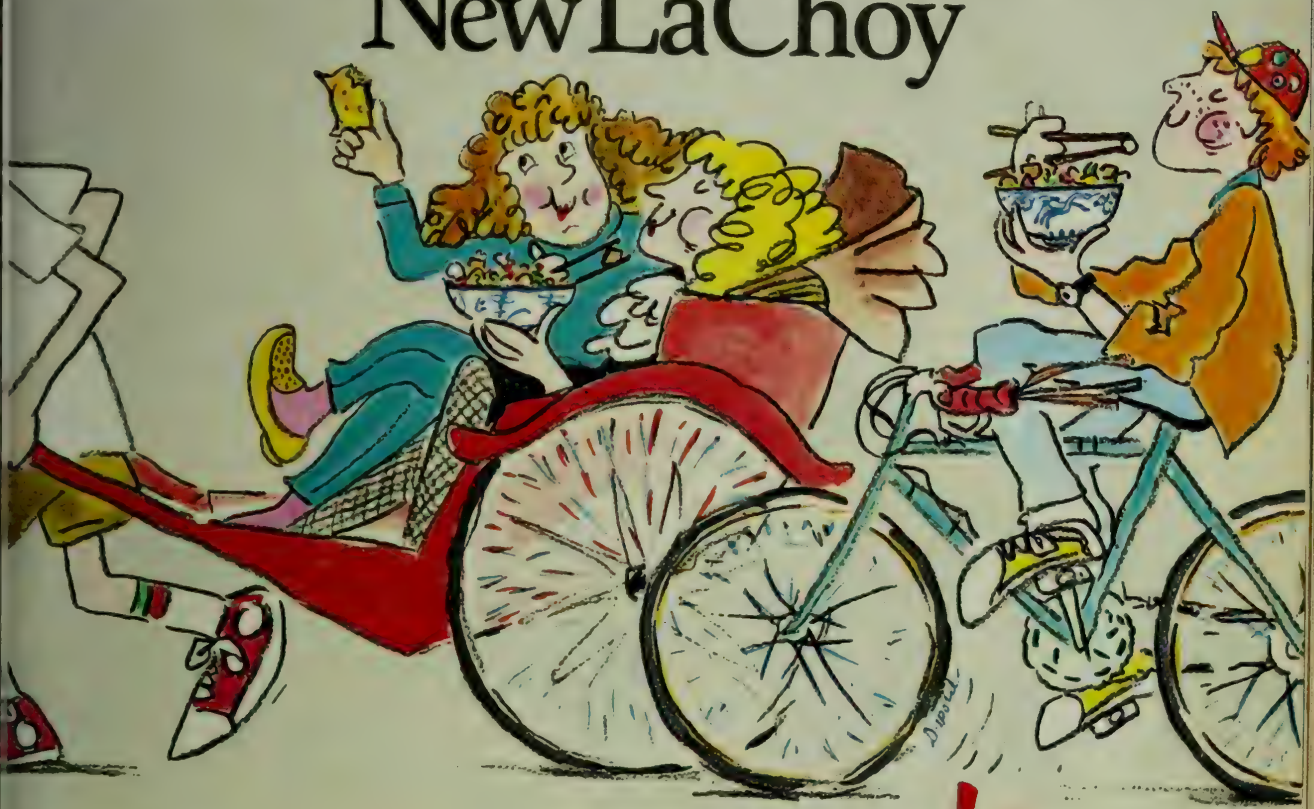
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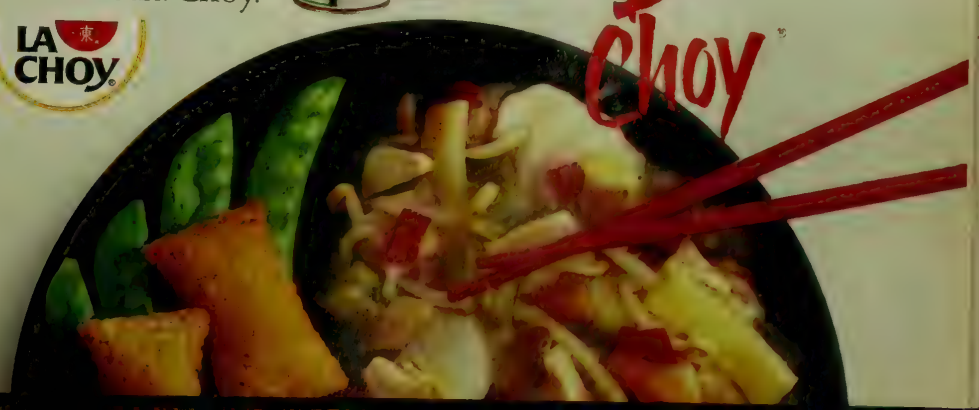


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Chicken Divan

¾ lb. boned, skinned chicken, slivered
2 tsp. oil
1 cup water
1 tbsp. dry sherry wine
1 package (10 oz.) BIRDS EYE® Deluxe Broccoli Spears
1 can (10¾ oz.) condensed cream of chicken soup
1 ½ cups MINUTE® Rice
1 tbsp. grated Parmesan cheese

Brown chicken in oil, stirring occasionally. Add water, wine, broccoli and soup. Bring to a full boil, separating broccoli pieces. Stir in rice. Cover, remove from heat and let stand 5 minutes. Sprinkle with cheese. Makes 4 servings.

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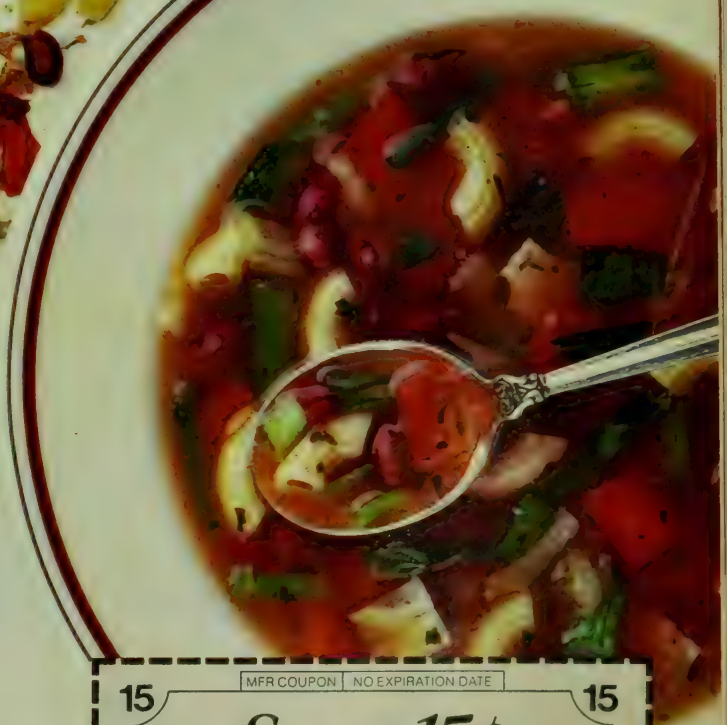
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FOOD

Baked Potato Dress-Ups

Until recently, baked potatoes were a vegetable avoided by dieters and ignored by gourmets, but that's no longer the case. Now a fluffy baked potato can be part of an elegant entrée or a dieter's "legit" side dish, depending on what the topper is. Here are two flavorful examples—one a hearty cheese-meat-and-vegetable sauce and the other a lively low-calorie mushroom and onion mixture.

HAM- AND BROCCOLI-TOPPED POTATOES

- **4 baking potatoes**
- **½ of a 10-ounce package (1 cup) frozen chopped broccoli**
- **1 8-ounce container (1 cup) sour cream with chives**
- **½ cup shredded cheddar cheese (2 ounces)**
- **1 6¾-ounce can chunk-style ham, drained and diced**

Wash potatoes; prick with a fork. Bake in a 425° oven for 40 to 60 minutes or till done. Meanwhile, in saucepan combine broccoli and 3 tablespoons *water*. Bring to boiling; reduce heat. Cover; simmer 5 minutes. Do not drain. Stir in sour cream and cheese. Stir in ham. Heat through but do not boil.

Using a pot holder to protect your hand, lightly roll the potatoes under your hand on a countertop to soften them. Cut a crisscross in the top with a sharp knife. Press ends up. Spoon broccoli-ham mixture atop potatoes. Serve at once. Makes 4 main-dish servings.



MUSHROOM TOPPING ITALIANO

- **4 baking potatoes**
- **2 cups sliced fresh mushrooms**
- **¼ cup sliced green onions**
- **¼ cup reduced-calorie Italian salad dressing**
- **1 tablespoon snipped parsley**

Wash the potatoes; prick several times with a fork. Bake in a 425° oven for 40 to 60 minutes or till done. Meanwhile, in a medium saucepan cook the sliced mushrooms and green onions in the Italian salad dressing about 10 minutes or till the mushrooms are tender, stirring mixture frequently. Stir in the snipped parsley.

Using a pot holder to protect your hand, lightly roll potatoes under your hand on countertop to soften. Using a knife, cut a crisscross in the top of each potato. Press the ends up. Spoon mushroom mixture over potatoes. Makes 4 servings.

Photograph: Mike Dieter

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Look for the recipe on every bag.

begins on page 42

Muslin masterpieces

PAINT-AND-STITCH PROJECTS, pages 42–43

To order fabric paints for projects on pages 42–43, see page 142.

General instructions for painting and stitching on muslin:

Enlarge desired patterns for designs on *pages 136–141* onto kraft paper. Transfer the drawings to preshrunk unbleached muslin using dressmaker's carbon paper and tracing wheel or water-erasable marking pen.

Paint designs in desired colors with textile paints, allowing each color to dry thoroughly before beginning the next. Refer to photographs on *pages 42–43* for guidance in color choices, or select colors that will coordinate with your own room decor.

Do not add water to dilute the textile paint; thinning the paint with water will cause the colors to run beyond the edges of the design. Lighten paint by adding a small amount of clear medium textile paint to the color.

Practice painting on a scrap of fabric to determine how close to the pattern lines you can paint without colors bleeding together. Paint up to but not over the pattern lines.

Do not place too much paint on the brush at one time. Thoroughly clean and dry brushes between each use.

When all painting is completed and the fabric is dry, carefully press the back of the painted muslin with a medium-hot iron to set the paint.

Pin the batting to the back of the painted muslin. Using black pearl cotton thread and a running stitch, quilt around the edges of all painted areas, following the transferred pattern lines.

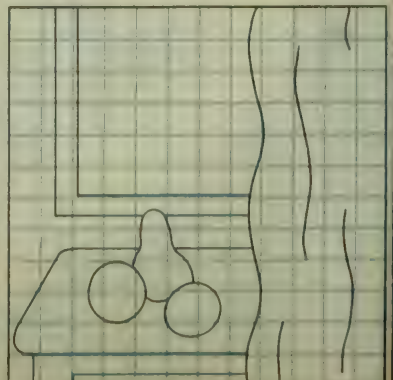
TOTE BAG OR PILLOW, page 42

Materials: *Tote bag:* 1 yd. 45-in.-wide cotton duck cut into two 22-in. squares and four 3x27-in. strips; ½ yd. 45-in.-wide cotton lining fabric cut into two 22-in. squares; 1½ yds. ¼-in.-wide ribbon; textile paints in assorted colors; crochet thread; quilt batting.

Pillow: 1 yd. 45-in.-wide muslin cut into two 19-in. squares; textile paints in assorted colors; 2¼ yds. cording (*optional*); 18-in. square pillow form or polyester fiberfill; black pearl cotton thread; quilt batting.

Instructions: Enlarge patterns for tote bags (*right,* and on *page 138*) onto muslin. (*Note:* Designs may be easily adapted for pillows.) Paint designs as desired (see instructions above) referring to photographs on *pages 42–43* for colors. Cut batting to match muslin and baste batting to back side of muslin. Use running stitches and black pearl cotton to quilt around painted designs.

To finish pillow: With right sides facing, sew pillow front and back together on three sides, inserting cording if desired. Trim seams, turn right side out, stuff, and whipstitch opening closed.



1 Square = 1 Inch

To finish tote bag: With right sides facing, place quilted front and back together; sew side seams and bottom seam. Sew each bottom corner of tote bag diagonally, 1 in. inward from corner, to create bottom depth.

With right sides facing, sew lining side and bottom seams; sew bottom corners diagonally. Set aside.

For tote bag straps, cut four 3x27-in. strips of muslin. Cut two 3x27-in. strips of batting. Place a strip of batting on top of 2 strips of muslin with right sides facing. Machine-stitch strips together down long sides.

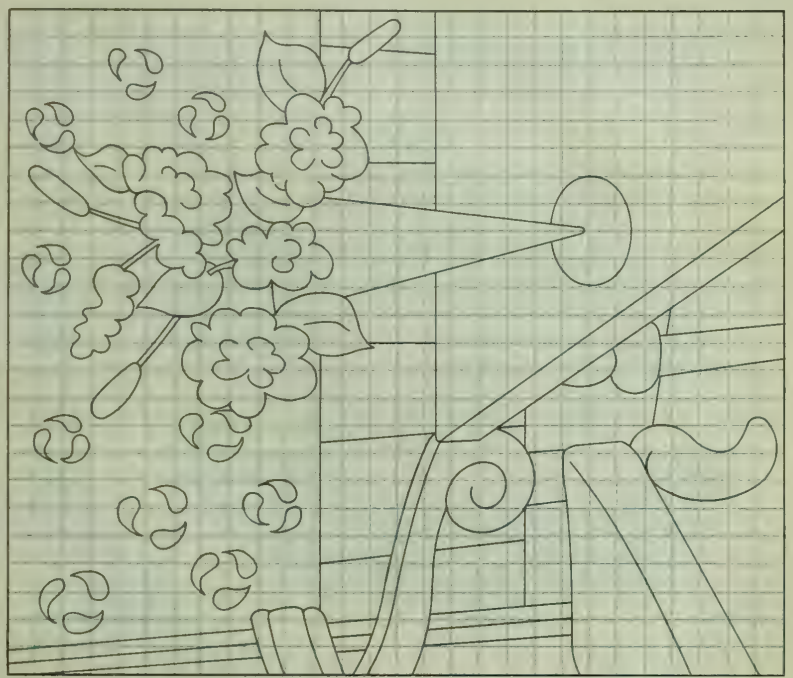
Turn right side out so that batting is between muslin and press. Topstitch ⅛ in. from edges along both sides of strap.

Topstitch strips of ¼-in.-wide ribbon down center of each strap.

Turn top edge of bag 1½ in. to inside and baste. Baste one strap in place approximately 2 in. from each end of bag painted front. Repeat for other strap on back of bag.

Fit lining inside bag, wrong sides together and matching side seams. Turn top edge of lining to inside to fit bag; pin and baste (lining should fall about ½ in. lower than top of bag).

To finish, machine-stitch through all layers of bag, straps, and lining around top. Reinforce by double-stitching at straps for strength.



1 Square = 1 Inch

continued



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CHICKEN BROCCOLI BAKE

2 cups chopped cooked broccoli
2 cups cubed cooked chicken
2 cups soft bread cubes
2 cups grated processed sharp or American cheese
1 jar (12 ounces) Heinz HomeStyle Chicken Gravy
½ cup undiluted evaporated milk
Dash pepper

In buttered baking pan (9" x 9" x 1¾"), layer broccoli, chicken, bread cubes and cheese. Combine gravy, milk and pepper; pour over mixture. Bake in 375° F oven, 40 minutes. Let stand 5 minutes. Makes 6 servings.

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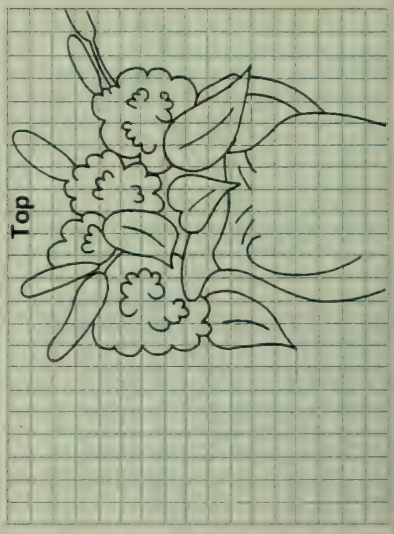


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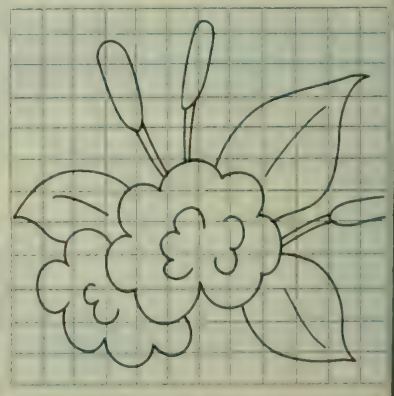
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continued

Muslin masterpieces



1 Square = 1 Inch



1 Square = 1 Inch

WALL HANGINGS AND TRIPTYCH, pages 42–43

Materials: *For wall hangings:* Unbleached muslin cut into the following sizes: 30-in. square for wall hanging on *page 43,* 30x34-in. rectangle for hydrangea wall hanging on *page 43,* 24x31-in. rectangle for hydrangea wall hanging on *page 42;* 22x29-in. wooden stretchers for hydrangea wall hanging on *page 42;* curtain rod or dowel for wall hangings on *page 43;* quilt batting; textile paints; artist's paintbrushes; black pearl cotton thread.

For triptych: Three 14x26-in. pieces of unbleached muslin; three 14x26-in.

continued



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continued

Muslin masterpieces

sets of wooden stretchers; ½ yd. black cotton fabric; quilt batting; textile paints in assorted colors; artist's paintbrushes; black pearl cotton thread.

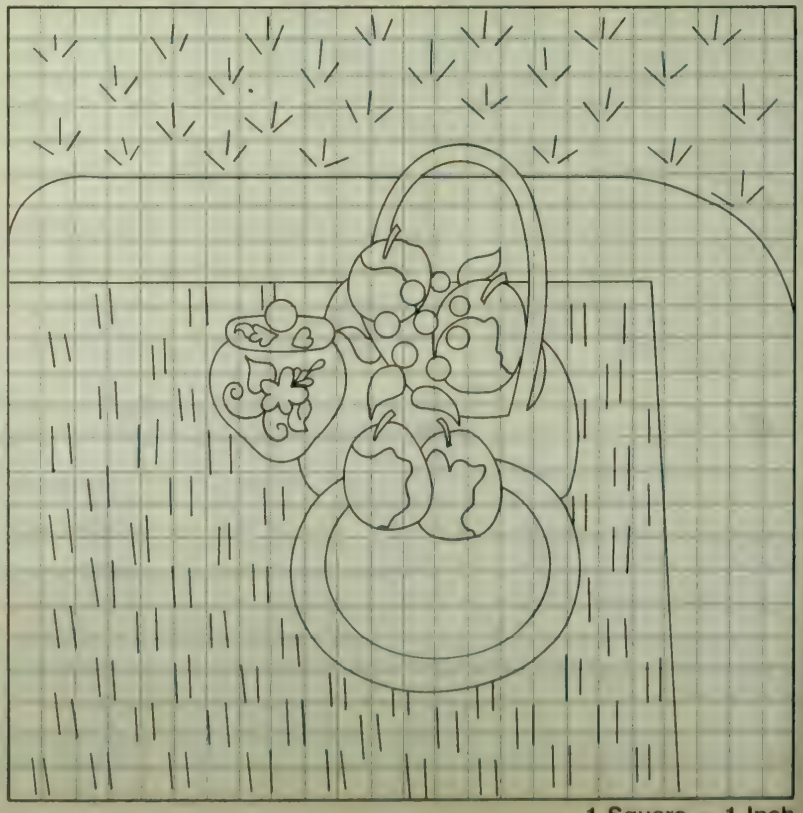
Instructions: Enlarge patterns for wall hangings (*right, page 137,* and top of *page 138*) or pattern for triptych on *page 141.*

Transfer designs onto muslin. Paint and outline design by following general instructions on *page 136.*

When painting and stitching is completed, mount hanging on wooden stretcher strips. Assemble frame; center hanging on frame. Stretch and staple fabric to wood beginning in centers of each side and working out to corners.

Or, with right sides facing, back with muslin and make a casing on top edge of design. Insert curtain rod or dowel for hanging.

To finish triptych: Cut away excess muslin fabric, leaving ½ in. around all edges of the design. Sew 2½-in. black fabric strips around all four edges of each panel. Stretch design onto wooden stretcher strips.

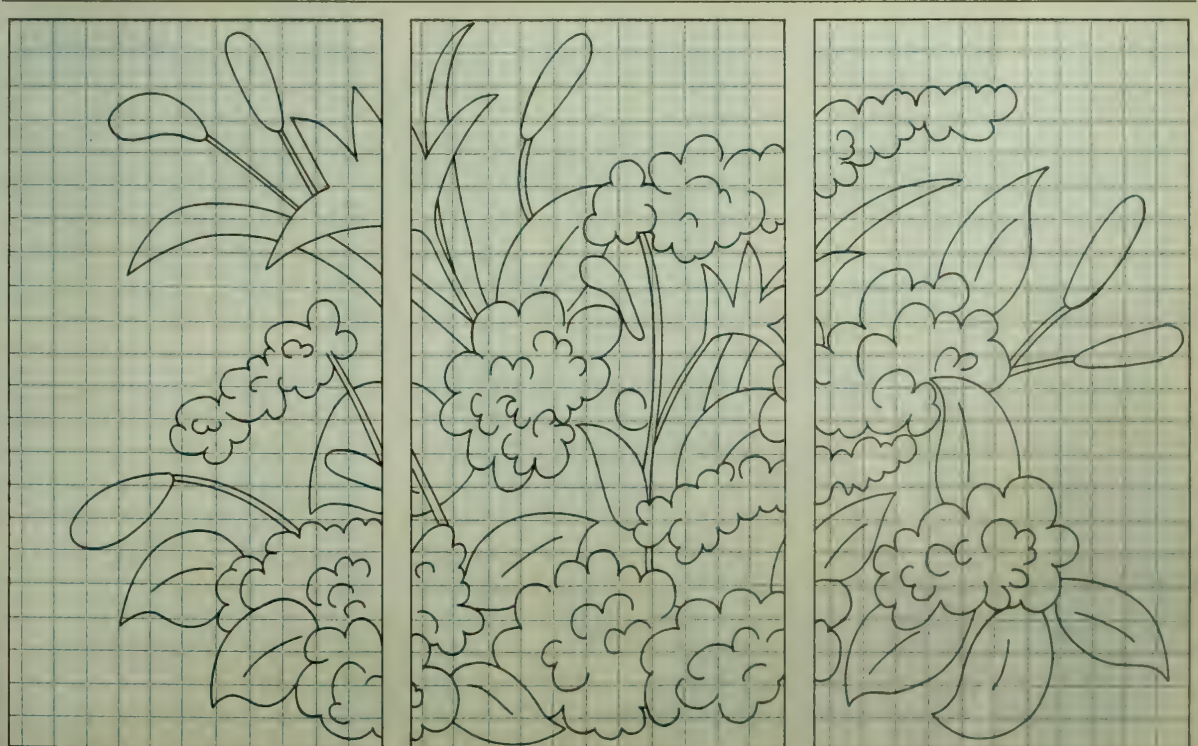


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1 Square = 1 Inch

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■ Partially freeze meat to make it easier to thinly slice.

■ To peel fresh garlic, press clove with side of wide knife, peel slips off.

■ Here's how to thicken hot sauces in Oriental dishes. Mix a little Corn Starch with cold water. While stirring, add it to the sauce, bring to boil.

■ In place of ground ginger, use minced fresh ginger root. It can be hot, so add to taste.

SPICY ORANGE BEEF

Thinly slice on the diagonal, **1 lb beef flank or round steak.** In wok or large skillet heat **2 Tbsp Mazola® corn oil** over medium-high heat. Add beef ⅓ at a time. Stir fry 3 min or until browned. Return all beef to wok. Add **¼ cup slivered orange peel, 1 minced clove of garlic,** and **½ tsp ground ginger.** Stir fry 1 min. Stir together **2 Tbsp ARGO® or KINGSFORD'S® Corn Starch, 1 cup cool beef broth, ¼ cup soy sauce, ¼ cup dry sherry, ¼ cup orange marmalade,** and **½ tsp crushed dried red pepper.** Stir into beef. Stirring constantly, bring to boil over medium heat and boil 1 min. Serve over rice. Makes 4 servings.

SPICY ORANGE CHICKEN

Spicy Orange Chicken: Use **1 lb boneless, skinless chicken breasts,** thinly sliced, and **1 cup cool chicken broth.**

For more Corn Starch recipes write to: Argo® and Kingsford's,® Box 307A, Dept. VP, Coventry, CT 06238.

Best Foods, CPC International Inc. 1985



SHOPPING

How To Order Material From The Magazine

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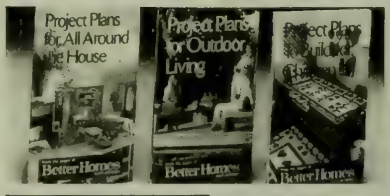
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Hardworking Work Bench. Well-designed and easy-to-make, this project gives you more than 40 cubic feet of storage space in addition to a durable and sturdy surface for woodworking projects. (See page 94.) Our ***Better Homes and Gardens®* Project Plan** includes drawings, list of materials, construction details, and step-by-step instructions.



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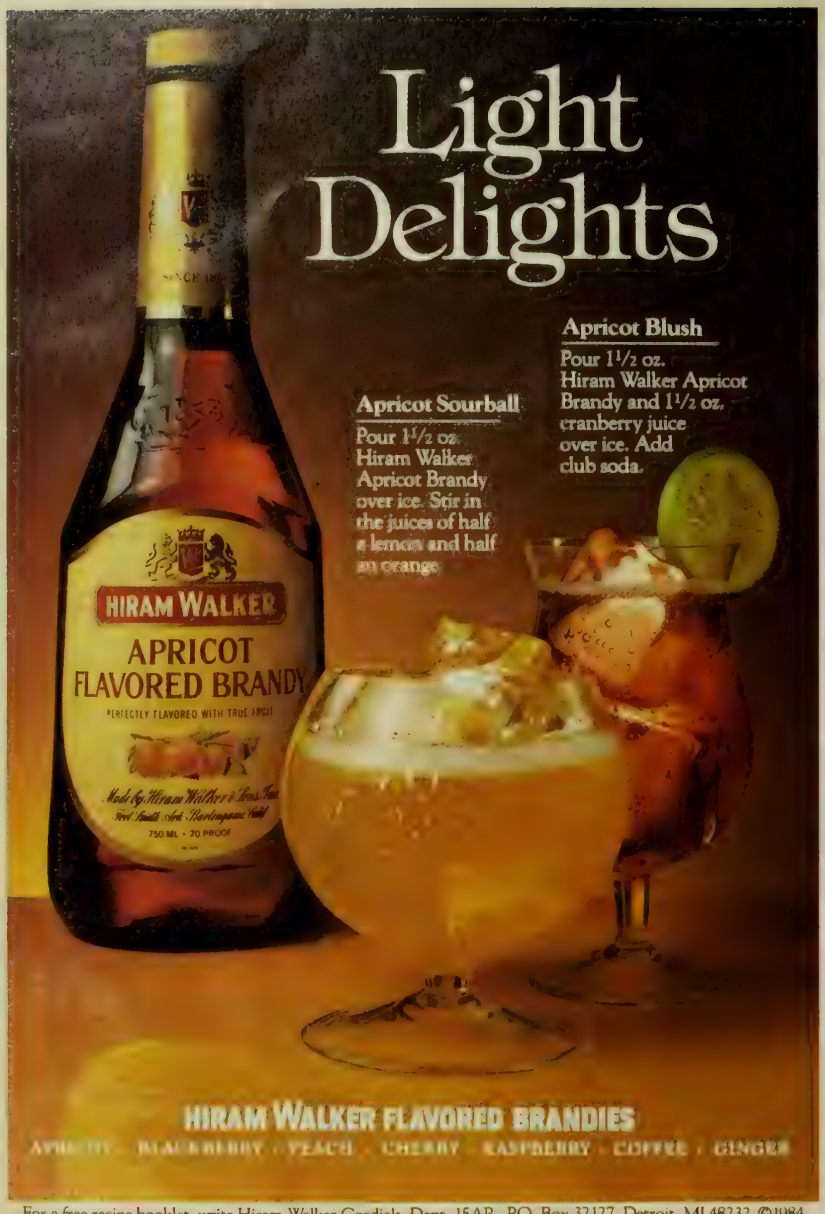
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FOOD

Olé, Burrangas!

A new twist on tortillas will satisfy your family's craving for Mexican food. Our Burrangas are a cross between burritos (tortillas wrapped around a filling) and chimichangas (a fried version of burritos).

BURRANGAS

- **6 8-inch flour tortillas**
- **1 recipe Beef Filling and Sour Cream Sauce *or* Chicken Filling and Tomato Sauce**
- **2 tablespoons butter *or* margarine, melted**
- **Chopped tomato, sliced avocado, sliced pitted ripe olives, and shredded lettuce (optional)**
- **Dairy sour cream *or* shredded cheddar cheese (optional)**



Wrap tortillas in foil; heat in a 350° oven 10 to 15 minutes. Spoon about *⅓ cup* of the desired filling onto each tortilla near one edge. Fold edge nearest filling up and over filling just till mixture is covered. Fold in the two sides of tortilla in envelope fashion, then roll up. Arrange tortillas, seam side down, in a 13x9x2-inch baking pan. Brush with butter or margarine. Bake in a 450° oven for 12 to 15 minutes. Serve with desired sauce, tomato, avocado, olives, and lettuce. Pass the sour cream. Makes 3 servings.

Beef Filling and Sour Cream Sauce: For filling: Drain one 12-ounce can *roast beef with gravy;* reserve gravy. Finely chop beef. Combine the beef with one 4-ounce can *green chili peppers,* rinsed, seeded, and chopped; 1 cup shredded *Monterey Jack cheese;* and 1 *green onion,* sliced. For sauce: In a saucepan combine ¼ cup *dairy sour cream,* 1 tablespoon *all-purpose flour,* and few dashes *bottled hot pepper sauce.* Blend in reserved gravy. Cook and stir till bubbly. Cook 1 minute more. Stir in few drops *Kitchen Bouquet,* if desired.

Chicken Filling and Tomato Sauce: For sauce: In saucepan combine one 10-ounce can *undrained chopped tomatoes and green chilies;* ¼ cup *water;* and 1 tablespoon *cornstarch.* Cook and stir till bubbly. Cook 2 minutes more. Keep warm. For filling: In saucepan cook ½ cup chopped *onion;* 1 clove *garlic,* minced; 1 teaspoon *chili powder;* and ⅛ teaspoon *pepper* in 2 tablespoons *butter* or *margarine* till tender. Stir in 1½ cups *diced cooked chicken* and ½ cup *sliced pitted ripe olives;* heat through. Stir in *⅓ cup* of the warm sauce.

Photograph: Scott Little

Savor Springtime

Here's a delicious way to savor your Springtime with these easy-to-prepare Basic Best Salmon Loaf and Crispy and Tangy Salad recipes.





BASIC BEST SALMON LOAF

- can (15½ oz.) Alaska salmon
- cups soft bread crumbs
- cup sliced, pitted California ripe olives
- cup finely minced onion
- cup milk
- eggs
- tablespoons minced fresh parsley
- tablespoon lemon juice
- teaspoon dill weed
- Dash pepper

rain salmon, reserving 2 tablespoons liquid. Flake salmon. Com ne salmon, 2 tablespoons reserved liquid and remaining ingre ents. Mix well. Shape into a loaf in greased baking pan. Bake at 50° F. for 45 minutes. MAKES 4 to 6 SERVINGS.

LMON PATTIES: Prepare salmon mixture as above. Shape into eight inch thick patties. Pan-fry on both sides in 2 tablespoons oil or tter until golden brown

r place in well-greased 8½ x 4½ x 2½ inch loaf pan.



CALIFORNIA ICEBERG LETTUCE COMMISSION

CRISPY AND TANGY SALAD

- 1 head California Iceberg Lettuce
- 1½ cups pitted California ripe olives
- 4 ounces Monterey Jack cheese, cut into 2 x ¼ inch strips
- 1 cup halved cherry tomatoes
- ½ cup sliced cucumber
- ½ cup sliced onion (optional)
- Oregano Vinaigrette Dressing

Core, rinse and thoroughly drain lettuce; refrigerate in plastic bag or plastic crisper. Tear lettuce into salad bowl. Top with olives, cheese, tomatoes, cucumbers and onion. Drizzle with dressing. Toss just before serving. MAKES 4 SERVINGS.

OREGANO VINAIGRETTE DRESSING: Mix together ½ cup salad oil, 6 tablespoons vinegar, 2 tablespoons sugar, 2 teaspoons oregano and ½ teaspoon garlic salt until blended.

r other fine recipes from California Iceberg Lettuce, California Ripe Olives, and Alaska Canned Salmon, please send your name and addr
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DECORATING

Double-Duty Border

Fine-tuning small spaces demands close attention to details. A few finishing touches can neutralize trouble spots, while wrapping your decorating scheme in an eye-pleasing package. The stenciled border in this tiny study offers an artful example.

Repeating patterns

A cherished antique quilt, handmade by the owner's grandmother, adds interest, warmth, and instant character to this ordinary room. But, such an oversize accent emphasizes the room's high ceiling and small scale. The stenciled frieze becomes the unifier, echoing the quilt pattern without precisely duplicating it.

The distinctive, six-pronged figure with its raylike triangles is a variation on the centuries-old "Tree of Life" quilt pattern. Duplicating the figure in its exact form could make the room appear busy and monotonous. By repeating the design in the simplified border pattern, however, the room takes on a finished, coordinated look.

Minimizing height

Besides providing visual delight, the stenciled border puts the wall hanging into proportion. Worked into a pattern of connecting squares, the tree figure follows the perimeter of the room, filling in the wall space between the quilt-top and the ceiling. Because the border balances out the wall, the high ceiling appears lower. Instead of downplaying the study's modest size, the room-hugging band reinforces the intimate atmosphere. With this one clever decorating touch, the seeming liability of "smallness" is parlayed into a comfortable asset.

A wrap of color

Color is another important unifying feature. A medley of rich greens, taken from the quilt's handcrafted "trees," is repeated throughout the room in the border, woodwork, and upholstered furniture. An old trunk, reclaimed for use as a coffee table, also lends to the countrified feeling. The result? A small room with big appeal.



A stenciled border, patterned after the heirloom quilt, "lowers" the high ceiling.

Photograph: Jessie Walker. Design: Rod Maxwell



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Home Safety For the Visually Impaired



Making Life More Livable *by Irving R. Dickman; published by the American Foundation for the Blind, 15 West 16th St., New York, NY 10011; $5*

This book offers practical ideas for the visually impaired on improving safety and livability at home. Printed in extra-large type, this unique book includes easy, affordable ideas.

Lighting is one of the most important factors in adapting the home. The book recommends fluorescent lighting for overall room lighting. Incandescents are best for reading and close work. To reduce glare, position a number of 40-watt light sources around a room, instead of using one 100- or 200-watt bulb.

Glare from sunlight also poses a hazard, and the most dangerous area for reflected glare is floors. Forgo high-gloss waxes and vinyls, and use carpeting or nonslip area rugs, instead. Solid colors are better than patterns which can be confusing and create optical illusions. And strips of light or brightly colored plastic tape should be attached anywhere there's even a slight change in elevation—on stair treads or thresholds, for instance.

Contrasting colors also aid the visually impaired. For example, a white chair against a white wall may be difficult to see. Paint the chair brown, however, and the problem is gone.

Illustration: Tom Rosborough

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FOOD

Low-Calorie Dressings

Calorie-shy dressings are perfect toppers for naturally light salads. These tasty and satisfying dressings keep the calorie tally of your favorite tossed green mixture or fruit combo to a minimum.

ORIENTAL-STYLE DRESSING

The small amount of salad oil helps the dressing cling to the greens—

- ¼ cup teriyaki sauce
- ¼ cup water
- 2 tablespoons sesame seed, toasted
- 2 tablespoons wine vinegar
- 1 tablespoon salad oil
- ⅛ teaspoon ground ginger

Mixed salad greens

In a screw-top jar combine all the ingredients; cover. Chill, if desired. Shake well before tossing with greens. Makes ⅔ cup (20 calories per tablespoon).



HERB TOMATO DRESSING

- 1 7½-ounce can semicondensed tomato soup
- ⅓ cup plain low-fat yogurt
- 2 tablespoons water
- 1 tablespoon snipped parsley
- 1 teaspoon Worcestershire sauce
- ½ teaspoon dried basil, crushed
- Several dashes bottled hot pepper sauce

Mixed salad greens

Stir together soup, yogurt, water, parsley, Worcestershire sauce, basil, and pepper sauce. Cover; store in refrigerator. Spoon over greens. Makes 1 cup (13 calories per tablespoon).

CELERY SEED DRESSING

Equal is a sugar substitute found on grocers' shelves near the regular sugar—

- ½ cup unsweetened pineapple juice
- 2 teaspoons cornstarch
- ¼ cup orange juice
- 1 tablespoon lemon juice
- 1 teaspoon celery seed
- 2 packets Equal® sweetener *or* 4 teaspoons honey

Assorted fruit

In saucepan stir pineapple juice into cornstarch. Add orange juice, lemon juice, and celery seed. Cook and stir till mixture is slightly thickened and bubbly. Cook and stir 2 minutes more. Stir in Equal or honey. Pour into storage container. Cover; chill. Stir before serving over fruit. Makes ⅔ cup (13 calories per 1 tablespoon using Equal; 18 calories per 1 tablespoon with honey).

Photograph: Scott Little

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Make-Ahead Breakfast Spreads



PEANUT BUTTER BREAKFAST SPREAD

- **¾ cup chunk-style peanut butter**
- **2 tablespoons honey**
- **½ cup finely snipped dried fruit, such as raisins, dates, apricots, figs, prunes, *or* apples**

Blend together peanut butter and honey; stir in dried fruit. Store mixture in a tightly covered container at room temperature. To serve, spread on toast or muffins. (If desired, broil toast spread with mixture 4 inches from heat for 1 to 2 minutes.) Makes 1½ cups spread.



CHEESY HAM AND EGG SPREAD

- **1 5-ounce jar cheese spread with pimiento**
- **1 5-ounce can chunk-style ham, chopped (½ cup)**
- **2 hard-cooked eggs, finely chopped**

Combine cheese spread, ham, and chopped egg. Store mixture tightly covered in refrigerator. To serve, spread on toasted English muffins, rusks, or toasted bread. Broil 3 to 4 inches from heat for 2 to 3 minutes. If desired, garnish with additional egg slices. Makes 1⅔ cups spread.

Photographs: Mike Dieter

Easy-Care Fig Trees



The weeping fig *(Ficus benjamina)* will add easy-to-grow beauty to any home. Producing 2- to 4-inch-long shiny leaves, this tree can reach ceiling height. While weeping figs are named for their arching growth habit, not their temperament, they will suffer if they're not given the proper care.

Why weeping figs lose their leaves

Leaf loss is a common problem with weeping figs. It often is caused by low light, overwatering, drafts, or a sudden location change. Leaf loss also may indicate a mealybug invasion. These pesky insects, which look like tiny specks of cotton, suck the juices from the leaves. To make this foliage feast the mealybugs' last, dab the insects with a cotton swab soaked in rubbing alcohol, then wash the leaves with a wet cloth.

Proper care for weeping figs

Weeping figs are very resilient, and will produce healthy new leaves if they're treated properly. For best results, locate a weeping fig in bright indirect light or curtain-filtered sunlight. Avoid placing it near heating vents or drafty doors and windows. Keep the soil slightly moist at all times, and fertilize every six months with a general houseplant food. If roots become overcrowded (shown by lackluster growth and stunted leaves), replant your weeping fig in a larger pot with a commercial all-purpose potting soil mix. BHG

Illustration: Tom Rosborough

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REMODELING

Streamlining A Galley Kitchen

Revamping a cramped, dimly lit kitchen can be especially challenging if budget restrictions rule out structural changes. Here's one sure-fire remodeling alternative: clever use of space teamed with a subtle handling of color and pattern.

This standard 6×11-foot corridor kitchen (*top right*) was once dark, claustrophobic, and poorly arranged. The homeowners couldn't afford to move walls or add windows, so they gutted and reworked the existing space.

To reduce clutter, they opted for clean lines and carefully organized storage. The expanded storage system





and new appliances now line the two long walls. Special compartments incorporated in the storage system allow all utensils, supplies, and small appliances to be tucked out of sight within fingertip reach when not in use.

Space-stretching color scheme

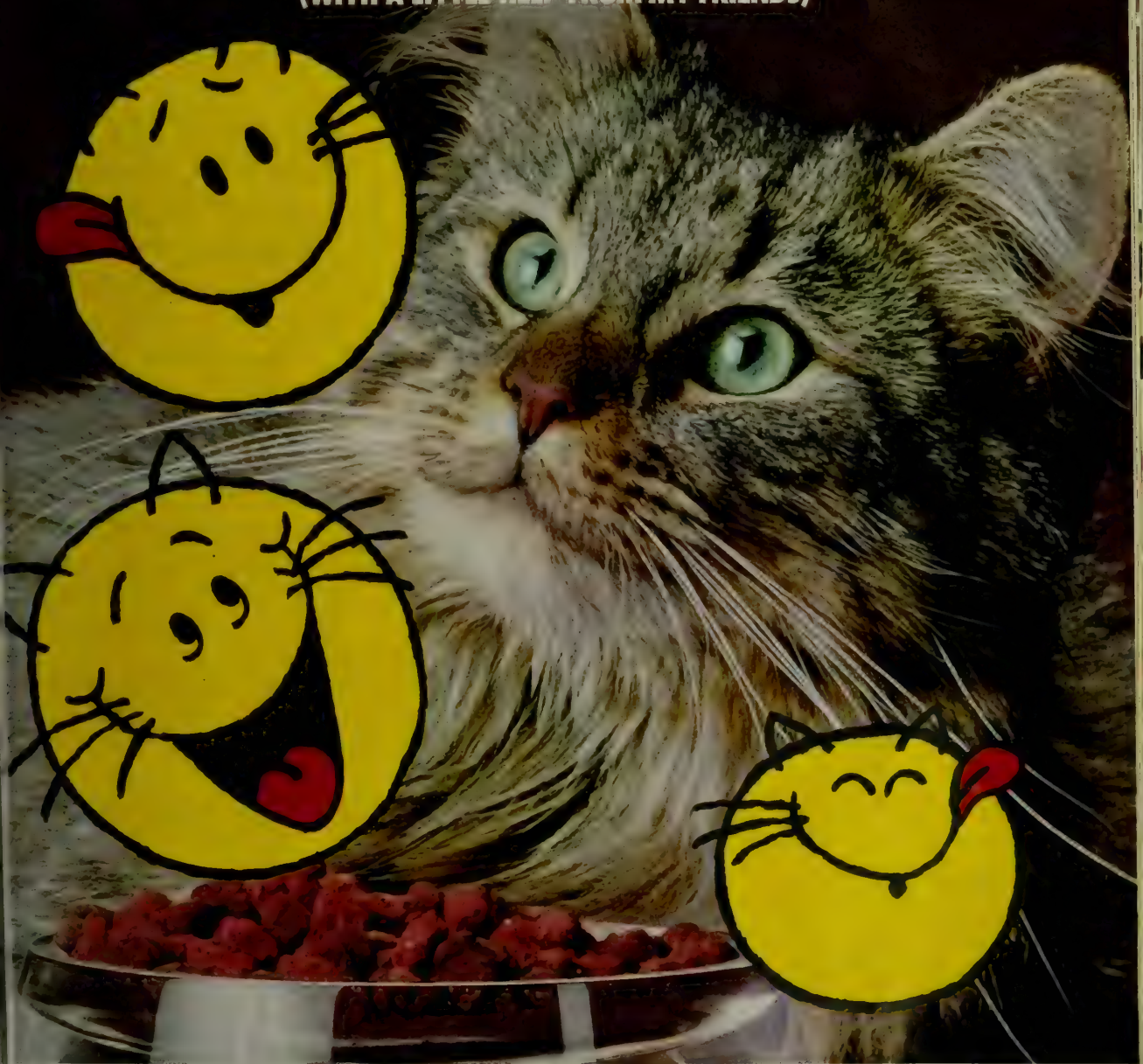
Coupled with the lack of clutter is a space-stretching manipulation of color, light, and pattern. Crisp white surfaces on the long walls and horizontally patterned wallpaper on the ceiling and end walls make the room look wider. A pair of factory lights supplies general illumination, and under-cabinet fluorescent fixtures eliminate shadows in the work areas. Large bulbs in the factory lights are coated with reflective paint on the bottom to prevent glare.

Nestled into a corner near the window (*above*) is a compact desk and communications center. Cork surfacing on the wall above the desk serves as a bulletin board. The flooring, an industrial-grade vinyl, promises long-term durability and easy maintenance. A tractor-style stool adds high-tech sculptural interest.

Photographs: de Gennaro Studios. Design: Marsha Sewell. Field editor: Sharon Haven.

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Buying Guide

Most of the products shown editorially in *Better Homes and Gardens®* can be obtained in leading local stores. For more information, write the manufacturers listed. Some privately owned or custom-made items are omitted from the product listing.

A STATE-OF-THE-ART KITCHEN
Page 34 (left): Refrigerator, microwave beneath upper cabinet—General Electric, Appliance Park, Louisville, KY 40225. Sink—American Standard, 40 W. 40th St., New York, NY 10018. Faucet—Moen, Div. of Standyne, 377 Woodland Ave., Elyria, OH 44035. (Right): Remote control modules, memory unit—General Electric (address above).

Page 35: Ovens, dishwasher, trash compactor, cooktop—General Electric (address above). Floor tile "Earthstone"—Florida Tile, Div. of Sikes Corp., P.O. Box 447, Lakeland, FL 33802. Cabinets—Wood-Mode Cabinetry, Kreamer, PA 17833. Countertop surfacing material "Color Core"—Formica Corp., Berdan Ave., Wayne, NJ 07470. Recessed lighting—Juno Lighting, Inc., 2001 S. Mount Prospect Rd., Des Plaines, IL 60018. Dinnerware—Fitz & Floyd, 1371 Round Table, Dallas, TX 75247. Kettle, teapot, square canisters—Copco, Inc., 50 Enterprise Ave., Secaucus, NJ 07094. Microwave baking dish—Rubbermaid, Inc., Rt. 5, Wooster, OH 44691. Cow cookie jar—Otagiri Mercantile Co., Inc., 20 Hanes Dr., Wayne, NJ 07470.

Page 36 (bottom): Chairs, table—Kinetics Furniture, 110 Carrier Dr., Rexdale, Ontario, Canada M9W5R1. Hanging light fixture—Robert Long, Inc., 950 Linden Ave., San Francisco, CA 94080. Tablecloth, shade fabric "Ragtime"—Judscott Handprints, 2269 Sawmill River Rd., Elmford, NY 10523. Vinyl fabric on benches, chairs "Cameo"—DesignTex Fabrics, 56-08 37th Ave., P.O. Box 7708, Woodside, NY 11377.

Page 37: Computer—Radio Shack, Div. of Tandy Corp., Fort Worth, TX 76102. Desk chair—Kinetics Furniture (address above). Light fixture—Robert Long (address above).

EXPLORE A NEW CRAFT: CREATE MUSLIN MASTERPIECES IN A WEEKEND
Pages 42–43: Fabric paints—Binney and Smith, Inc., P.O. Box 431, Easton, PA 18042. Black pearl cotton thread—DMC, 107 Trumbull St., Elizabeth, NJ 07206.

DIET AND HEALTH
Page 50: Casserole "Classic White"—B.I.A. Cordon Bleu, Inc., 375 Quarry Rd., Belmont, CA 94002.

STYLE STRATEGIES
Page 61: Wallpaper and chair fabric—Brunschwig & Fils, Inc., 410 E. 62nd St., New York, NY 10021. Area rugs—Chroma Ind., Inc., 414 High St., Oakland, CA 94601.
Page 62: Bed—Habersham Plantation, Collier Rd., Toccoa, GA 30577. Wall covering "Tiny Tea" Country Gear—Imperial Wallcoverings, 23645 Mercantile Rd., Beachwood, OH 44122.

Page 64: Wall system "Avanti" and chrome bed lamp—Dux Inc., 305 E. 63rd St., New York, NY 10021. Desk lamp—Rainbow Lamp Co., 11541 Bradley Ave., San Francisco, CA 91340. Carpet—Hollytex Carpet Mills, Inc., 300 N. Baldwin Park Blvd., City of Industry, CA 91749. Desk chair—Bamboo Odyssey, 1225 Jellick, City of Industry, CA 91748. Brass paper holder—Rose Trunk, Ltd., 800 Alabama, Brooklyn, NY 11207.

WINTER CHEER: GREAT TABLEWARE FOR CASUAL ENTERTAINING
Page 91: Clear glasses—Colony Glass, Lancaster Colony Co., 1115 Broadway, New York, NY 10010. Wooden plates, wooden bowl, glass bowl—Ralph Lauren Home Collection, 1185 Ave. of the Americas, New York, NY 10036. Serving plate—Georges Briard, Inc. 15 E. 26th St. New York, NY 10010.

Pages 92–93: Dishes (bouquet of flowers motif) "Nicole"—Haviland and Co., Inc., 11 E. 26th St., New York, NY 10010. Dishes (border motif) "Veruschka"—Adams for Wedgwood, 41 Madison Ave., New York, NY 10010. Dishes "Blue Spackleware"—Otagiri Mercantile Co., Inc., 20 Hanes Dr., Wayne, NJ 07470. Dishes "Blue Gingham" by Jacques Jugeat, Inc.—Louis Lourioux for Howard Kaplan's French Country Store, 35 E. 10th St., New York, NY 10003. Sterling silverware "Rose Tiara"—The Gorham Co., 333 Adelaide Ave., Providence, RI 02927. Dyed baskets—Coe and Dru, 5601 Downey Rd., Vernon, CA

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90058. Basket with liner—L'Art de Chine, 577 San Leandro St., Oakland, CA 94621. Napkins—Henri Bendel, Inc., 120 W. 57th St., New York, NY 10019.

MAGNIFICENT MAIN ROOMS

Page 99: Floor tile—Summitville Tile Inc., Summitville, OH 43962. Cabinets—Lakeville Cabinets, Lakeville Rd., Hyde Park, NY 12538. Cooktop—Thermador, Div. of Norris Ind., 5119 District Blvd., Los Angeles, CA 90040. Recessed lighting—Lightolier, Inc., 346 Claremont Ave., Jersey City, NJ 07305. Sink—Elkay Mfg. Co., 2222 Camden Ct., Oak Brook, IL 60521.

Pages 100–101: Skylight—Cemcel, 49 Industrial Way, Greenbrae, CA 94904. Sliding doors—Paramount Aluminum Co., 676 Eighth St., Oakland, CA 94607.

Page 102: Refrigerator—General Electric, Appliance Park, Louisville, KY 40225. Cooktop—Chambers Corp., Old Taylor Rd., Oxford, MS 38655. Dishwasher—KitchenAid Div., Hobart Corp., Troy, OH 45374. Recessed lighting—Lightolier, Inc. (address above). Track, hanging lights—Christopher Lloyd Collection, 2095 Bridgeway, Sausalito, CA 94965. Cabinet pulls—Forms & Surfaces, Box 5215, Santa Barbara, CA 93108.

Page 103 (right): Bay windows—Pella Windows and Doors, Rolscreen Co., 100 Main St., Pella, IA 50219. (Far right): Woodstove—Rais Wittus Inc., Hack Green Rd., Pound Ridge, NY 90576.

FRESH OUTLOOKS FOR YOUR WINDOWS

Page 104 (left): Drapery fabric—Marimekko, Seven W. 56th St., New York, NY 10022. Wallpaper—Carlton V Ltd., 979 Third Ave., New York, NY 10022. Red chair—Roche-Bobois USA, Ltd., 183 Madison Ave., New York, NY 10016. Lamp—Boyd Lighting, 56 12th St., San Francisco, CA 94103.

Pages 104–105: Sheets for curtains "Beacon Hill"—Wamsutta Mills, 111 W. 40th St., New York, NY 10018. Bedspread and table skirt "Marimekko"—Dan River, Inc., Danville, VA 24541.

Page 105 (right): Window fabric—Pindler & Pindler, Inc., 2580 Santa Fe Ave., Redondo Beach, CA 90278. Small stand—Beylerian Ltd., 11 E. 26th St., New York, NY 10010.

Page 106 (left): Fabrics for balloon shade and tablecloth—Westgate Fabrics, Inc., 1000 Fountain Pkwy., Grand Prairie, TX 75050. Chair—Compendium, Inc., 195 Rhode Island St., San Francisco, CA 94103.

Pages 106–107: Print fabric—Pierre Deux, Inc., 870 Madison Ave., New York, NY 10021. Blinds—Levolor Lorentzen, Inc., 1280 Wall St., W, Lyndhurst, NJ 07071.

Page 107 (lower left): Wallpaper and matching table kerchief—Wall-Pride, Inc., 7050 Valjean Ave., Van Nuys, CA 91406. Chair fabric—F. Schumacher & Co., 919 Third Ave., New York, NY 20022. Area rug—Stark Carpet Co., 979 Third Ave., New York, NY 10022. (Upper right): Sink—American Standard, P.O. Box 2003, New Brunswick, NJ 08903. Faucets—Hastings Tile and Il Bagno Collection, 201 E. 57th St., New York, NY 10022.

Page 108 (left): Lamp—Basic Concept Ltd., 141 Lanza Ave., Garfield, NJ 07026. Wallpaper—Rosecore, 979 Third Ave., New York, NY 10022.

Page 109 (upper left): Fabric—Carlton V Ltd. (address above). Flooring "Pirelli"—Jason Industrial Inc., Rubber Flooring Div., Box 507, 340 Kaplan Dr., Fairfield, NJ 07006. (Right): Roman shade—Rockland Ind., Inc., Thermal Products Div., P.O. Box 17293, Baltimore, MD 21203. Chair—Thomasville Furniture Ind., Inc., P.O. Box 339, Thomasville, NC 27360.

THE WORLD'S EASIEST AND TASTIEST MAIN DISHES

Page 112 (top): Platter and sauce bowl—Hartstone, 299 E. Ridgedale Ave., P.O. Box 400, East Hanover, NJ 07936. (Bottom): Skillet—Mitteldorfer-Straus, Inc., 41 Madison Ave., New York, NY 10010.

Page 114: Platter "Napoli"—Rosenthal/Thomas, Lauffer, Belmont Dr., Somerset, NJ 08873.

Page 116 (left): Hot plate—Hamilton Beach, Div. of Scovill Mfg., P.O. Box 2027, Washington, DC 27889. Kettle—Chantel, 10649 Haddington, Suite 120, Houston, TX 77043.

Page 117: Wok—Farberware, Kidde, Inc., 1500 Bassett Ave., Bronx, NY 10461. Plates—Waechtersbach USA, Inc., 8300 NE. Underground Dr., Kansas City, MO 64161.

PRIZE TESTED RECIPES

Page 131 (left): Plate "Amado"—Villeroy & Boch Tableware Ltd., 41 Madison Ave., New York, NY 10010. Fork "Fascination"—International Silver Co., 500 Research Pkwy., Meriden, CT 06450. (Right): Plate "Bianca Tavola"—Hutschenreuther Corp., 100 Shaw Rd., North Branford, CT 06471. Fork—"Polanaise"—Oneida Silversmiths, Consumer Service Dept., Oneida, NY 13421.

Page 132 (left): Plate—Crate & Barrel, 850 N. Michigan Ave., Chicago, IL 60611. Heart—Schiller & Asmus, Inc., 1525 Merchandise Mart, Chicago, IL 60654. (Right): Plate—Bee House Ltd., 209 Post St., San Francisco, CA 94108.





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Pack up those saddlebag thighs and tummy rolls. You could be bidding them goodbye forever when you vacation at one of the new generation of fitness resorts. These shape-up vacations can be family affairs. Men and women alike join in fitness programs, while children and adults who don't fancy fitness take advantage of a host of other recreations.

FITNESS VACATIONS

TRIM DOWN! SHAPE UP! HAVE FUN!

BY BARBARA HUMESTON



Brief flirtations with fitness often turn into long-term commitments when bolstered by a vacation at a fitness resort.



New friendships flourish at fitness resorts, where other visitors probably will be vacationers a lot like you.

Today's healthful vacations aren't limited to megabuck glamour spas. Most fitness resorts suited to families shun the get-skinny-quick, fat-farm image in favor of long-term fitness approaches that vacationers can live with when they go home. Sensible nutrition and exercise are the keys, with visitors urged to set realistic goals.

Puffing and pampering

If regular exercise isn't part of your routine, you'll probably huff and puff some at the start. But don't worry, you won't be alone, and you won't be pressured to push yourself beyond reasonable limits.

A sense of humor makes a good vacation companion. Days begin early, usually about 7 a.m., often with brisk walks or jogs before breakfast. Then come aerobics, weight training, stretching, body contouring, and more jostling and jiggling than you've probably ever seen.

But a fitness vacation has its sybaritic side, too. You'll be soothed in whirlpools, steam baths, and saunas; cleansed with facials and tingly loofa treatments; gently kneaded and pummeled during massages; and perhaps even draped for a nap in a warm cocoonlike herbal wrap.



Teaching you how to exercise for maximum results is part of most fitness resort programs.

Getting to know you

Food and awareness are fitness resort buzz words. Even during a short visit, you and your body probably will become better acquainted than ever before. After a few

continued

Photographs: Perry Struse

FITNESS VACATIONS



From the variety of daily classes and activities offered, experienced instructors help you choose what's best for you.



Most fitness resorts include some free time in guests' schedules for relaxation or enjoying family activities.

days, you'll be estimating your heart rate without even counting, and concentrating on different parts of your body will become second nature in yoga class.

Daily calorie counts for fitness guests at most resorts fall in the 800 to 1,200 range. Emphasis goes to fresh ingredients, high fiber, low fat, and low salt, with lots of bulk to help curb the hungries. Smoking and drinking beverages that contain alcohol and caffeine generally are discouraged.

Though you may miss some of your favorites (chocolate bars and potato chips haven't found their way to fitness menus yet), you probably won't be hungry. Guests often are surprised by how much they can eat of foods that are good for them and how delicious these foods taste when properly prepared.

That's not to say your willpower won't be tested. Unlike at spas and fat farms where everyone usually eats on the diet plan, at most fitness resorts you'll be in the midst of other vacationers indulging themselves. As you slowly savor your crab in papaya cup or serving of scampi pernod, you're sure to notice the family across the room devouring baked potatoes oozing with butter and sour cream, then signaling for the desert cart. Occasionally, you'll even hear a confession: "I ate two diet meals for lunch, then finished up with a hot fudge sundae."

Super family selections

No two fitness resorts are exactly alike. Approaches, philosophies, facilities, and prices vary. The following resorts welcome families and offer fitness packages that include exercise programs and diet supervision. Minimum age for participation in fitness programs usually ranges from 14 to 18. Several additional resorts also are beginning to encourage families in their fitness programs with special couples weekends or mother/daughter and father/son packages. Among them are Pheasant Run Resort (Box 64, St. Charles, IL 60174) and Rancho La Puerta (Box 69, Tecate, CA 92080).

INNISBROOK

P.O. Drawer 1088
Tarpon Springs, FL 34286-1088
Phone 800/237-0157, 800/282-9812 in Florida

Not far from Tampa along Florida's Gulf Coast, this first-class sports resort added a full-fledged fitness program about a year ago. Since plans for a new fitness facility are still in the works, guests bicycle or ride a tram the few blocks between the tennis center and golf clubhouse, headquarters for activities. There's plenty of personal attention at Innisbrook, which takes a holistic approach to fitness that includes exercise, diet control, and relaxation. You receive a health history evaluation when you check in and an assessment of your progress and a fitness maintenance guide when you go home. More than a half-dozen different exercise classes and talks are scheduled for guests daily.

continued



Toe touches, trunk twists, and drowning bouyant balls in aquatics class probably will be part of your fitness program.



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Cherry Cheese Pie

(Makes one 9-inch pie)

- **1 (9-inch) graham cracker crumb crust**
- **1 (8-ounce) package cream cheese, softened**
- **1 (14-ounce) can Eagle® Brand Sweetened Condensed Milk (NOT evaporated milk)**
- **⅓ cup ReaLemon® Lemon Juice from Concentrate**
- **1 teaspoon vanilla extract**
- **Canned cherry pie filling, chilled**



In large mixer bowl, beat cheese until fluffy. Beat in Eagle Brand until smooth. Stir in ReaLemon and vanilla. Pour into crust. Chill 3 hours or until set. Top with desired amount of pie filling before serving. Refrigerate leftovers.

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If the going gets tough, understanding instructors are on hand to assist you and to help you polish up your techniques.

Golf and tennis instruction are two activities in the children's program at Innisbrook resort in Tarpon Springs, Florida.





Vacationing at a fitness resort isn't all activity and action. There's time to share relaxing quiet moments together, too.

FITNESS VACATIONS

Accommodations are in one- and two-bedroom condominium suites (some 1,000 units with kitchens).

Rates—Four-day Spa Experience package (Wednesday to Sunday twice a month year-round) from $554 per person double in winter to $394 in summer (accommodations, meals, classes, and a daily massage). Kids under 12 free with parents ($16 a day for meals), $10 for ages 13 and up (meals $32). Summer Family Plan and golf and tennis packages also offered.

***Recreations**—Golf (63 holes), tennis (18 courts), swimming (5 heated pools), complimentary beach shuttle, fishing, bicycling, racquetball, children's activity program (daily in summer), live entertainment.*

OLYMPIA RESORT & SPA

Oconomowoc, WI 53066
Phone 800/558-9573 or 414/567-0311

The Olympia resort complex resembles a community in miniature, on a woodsy 400-acre site about 35 miles west of Milwaukee, 150 miles northwest of Chicago. Pampering guests into shape is the philosophy. Vigorous exercise classes are intermixed with a grand assortment of relaxing treatments. Guests stay in motel rooms or one- and two-bedroom villas (especially good for families).

Rates—Four fitness plans, from the two-night Spa Sampler at $226 per person double (lodgings, meals, two exercise classes daily, massage, and facial) to the seven-day plan at $1,042 per person double. Kids under 12 free, $14 for ages 12 and up (meals extra). Also skiing, golf, and tennis packages.

***Recreations**—Golf (18 holes), tennis (11 courts, 4 indoors), alpine ski hill, cross-country skiing, swimming (indoors and out), boating, water-skiing, fishing, beach, bicycling, horseback riding, racquetball, children's activity program (daily in summer), live entertainment, shopping arcade, two theaters.*

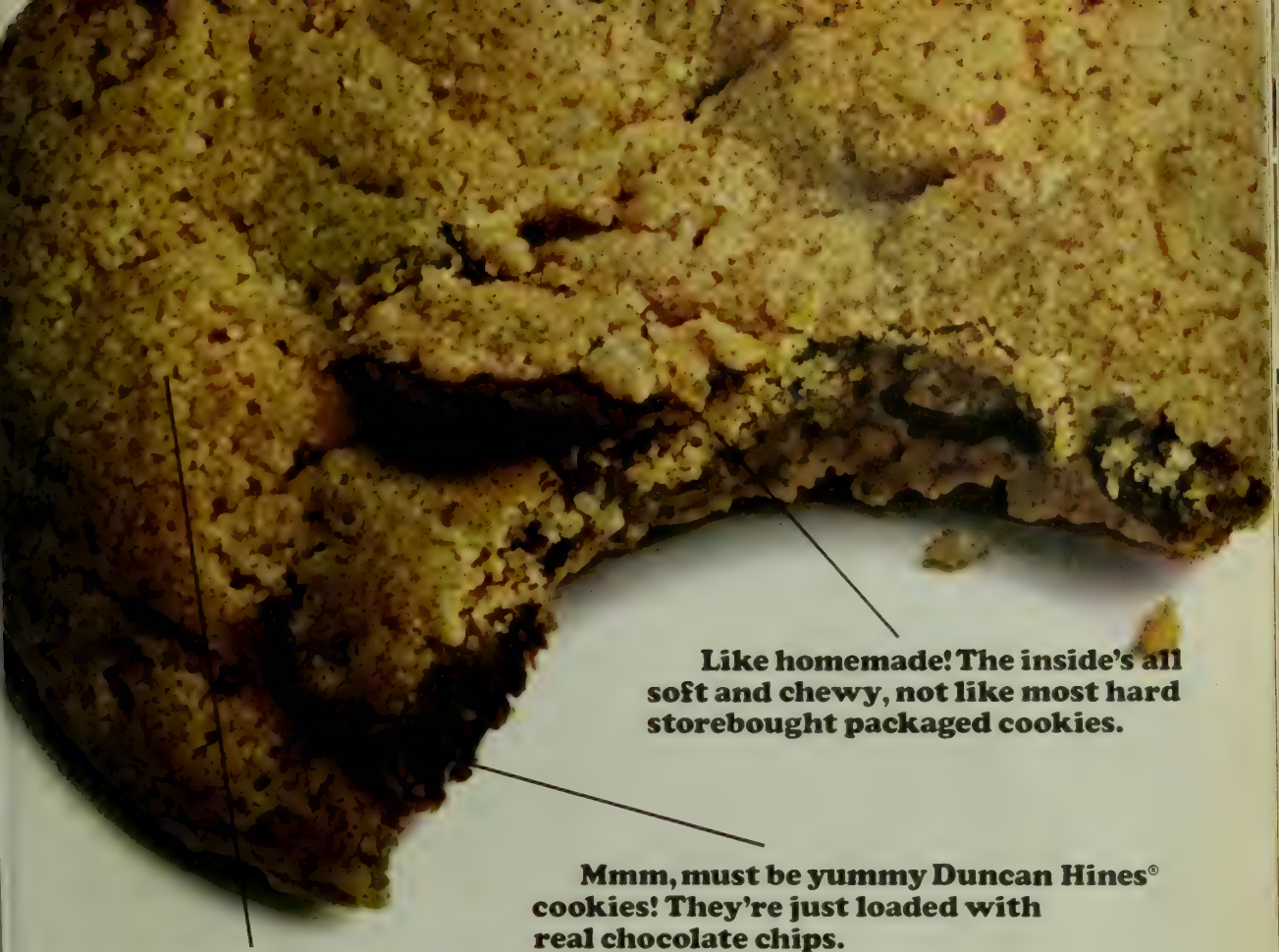
CANYON RANCH SPA

8600 E. Rockcliff Rd.
Tucson, AZ 85715
Phone 800/742-9000 or 602/749-9000

About four years ago, Canyon Ranch started taming the West with fitness from a lovely high-desert location in the foothills of the Santa Catalina Mountains (five miles from Tucson). All adults among the 135 or so guests will be involved in the fitness program (a larger proportion of men here than at most similar resorts). The agenda is so varied, couples can attend some classes together and split up for others, depending on how hard they want to work. Making fitness fun is the goal at this casual resort. With some 20 daily fitness activities and evening programs, you can put together a different schedule every day. Lodgings are in adobe-style cottages and more elaborate *casitas.*

Rates—A host of packages, with rates varying by season. One-week spa plans $875 to $1,200 per person double (lodgings, three meals daily, all activities, variety of pampering services, and round-trip Tucson airport transportation). One-week packages especially for men cost the same. Three or more in a room $810 to $1,035 per person. Also year-round family plans and summer

continued



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Though you'll probably be calorie counting, youngsters still can indulge in sweet treats at most family fitness resorts.

FITNESS VACATIONS



At Innisbrook, on Florida's Gulf Coast, days begin with brisk golf course hikes or jogs, while dew glistens on the fairways.

newcomer and parent/youngster packages.

***Recreations**—Tennis (6 courts), swimming, bicycling, hiking, racquetball.*

FRENCH LICK SPRINGS GOLF & TENNIS RESORT

French Lick, IN 47432
Phone 800/457-4042, 800/742-4095 in Indiana, or 812/935-9381

Amid the quiet Cumberland hills of southwestern Indiana, this grand old 2,600-acre resort glows with the gracious charm of yesterday. Though French Lick has been welcoming guests for nearly a century, the fitness program is a recent addition, with a heavier emphasis on pampering services than at some fitness resorts. As a plus, two hours are set aside daily for the family to enjoy spa facilities together. Guests stay in the rambling refurbished six-story hotel.

Rates—Five-day spa program $763 per person double ($248 per person for two days). Children's rates include two meals daily: $4 to $18 for ages 1 through 12, $23 for ages 13 through 17, $32 for 18 and over. Also golf, tennis, theater, and family plans.

***Recreations**—Golf (18 holes), tennis (21 courts, 8 indoors), downhill ski slope (nearby), swimming (indoors and out), bicycling, horseback riding, skeet and trapshooting, bowling, children's activity program (in summer), live entertainment, cabaret theater.*

COOLFONT RE+CREATION

Berkeley Springs, WV 25411
Phone 304/258-4500

There's no better setting for renewing body and spirit than this 1,200-acre lakeside retreat in a woodsy West Virginia mountain valley (two-hour drive from Washington, D.C., and Baltimore). The country setting and fresh mountain air alone make you feel healthier. You won't find an abundance of fancy gear and special facilities here. Coolfont stresses the natural approach to fitness, with long nature walks and hikes along country roads integral parts of the program, besides several daily exercise classes. You take your pick from comfy lodge rooms, chalets, cabins, and mountain homes (some camping available).

Rates—Weekend and five-day fitness programs two weeks per month year-round. Weekend rates till May $170 per person double, $375 per person for five days (lodgings, meals, and fitness activities). Kids 16 and under $38 per day (with meals).

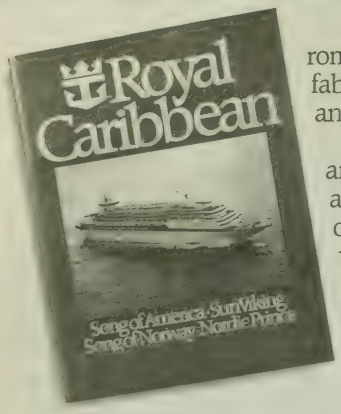
***Recreations**—Tennis (2 courts), cross-country skiing, ice skating, swimming,*

continued



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Fitness vacations

Fitness Vacation Specialists

Health Travel International, Inc., matches vacationers with fitness resorts. For a $25 fee (refunded after your vacation), Health Travel helps you choose the right resort and makes your arrangements. Filling out a comprehensive questionnaire is the first step. **For more details, contact Health Travel International, Inc., 222 Wisconsin Ave., Suite 6, Lake Forest, IL 60045 (phone 312/234-5652).**

boating, fishing, beach, bicycling, horseback riding, children's activity program (in summer), live entertainment.

CORTINA INN
Cortina Health Club, Rte. 4
Killington, VT
Phone 800/451-6108 or 802/773-3331

At this serene haven in the heart of Vermont's Green Mountain country, active people surround you—skiers in winter (free shuttles to both Pico Peak and Killington ski areas) and tennis buffs in the summertime. Individual attention and flexibility are what make the inn's new fitness program special. It begins and ends with a personal fitness evaluation and includes plenty of coaching all along the way. Guests stay in the inn's 60 individually decorated rooms (most with either Franklin stoves or fireplaces). Family suites (with bunk beds in an adjoining room) also are available.

Rates—Fitness program and lodgings priced separately. Christmas through April, lodgings and two meals daily $64 to $80 per person double (spring and fall slightly lower, summer slightly higher). Kids $30 to $40 in winter (including two meals); free in summer (meals cost extra). Fitness program $58 a day for the first two days, $10 daily after that. For nutritional counseling, add $25 (one-time fee). Tennis-camp packages offered in summer.

***Recreations**—Tennis (8 courts), downhill skiing (nearby), cross-country skiing, swimming (indoors), hiking, children's program (evenings in winter, daily in summer), live entertainment.*

DESERT INN COUNTRY CLUB & SPA
3145 Las Vegas Blvd., S
Las Vegas, NV 89109
Phone 800/634-6906 or 702/733-4444

Amid all the glitter of the Las Vegas strip, a new $5-million fitness facility has sprung up at the Desert Inn Golf & Country Club. Making daily fitness routines fun is the goal at this 280-acre resort, which offers one of the most complete ranges of pampering services anywhere—from herbal wraps to body shampoos. Accommodations are in some 800 luxury hotel rooms.

Rates—Lodgings, meals, and fitness program priced separately. Rooms $65 to $80 double ($12 per extra person). Spa program $138 a day per person, $363 for four days.

***Recreations**—Golf (18 holes), tennis (5 courts), swimming, live entertainment, shopping arcade.*

Special Fitness Workshops

● **Crescent Bar Resort**—Four six-day health and fitness programs in May, June, and September at this eastern Washington resort tucked away on a Columbia River island at the edge of the Cascade range. Golf, tennis, swimming, and boating offered. All-inclusive rates $450 to $700 per person, depending on lodgings (some camping). Kids stay free with their parents (meals extra). **The Crescent Door, Crescent Bar Resort, Quincy, WA 98848 (phone 509/787-1511).**

● **Sun Mountain Lodge**—One-week fitness programs in spring and fall at this getaway resort on the slopes of the northern Cascade Mountains. All-inclusive rates $525 per person double ($5 per child over age 6, meals extra). Recreations include cross-country skiing, hiking, horseback riding, swimming, tennis, and fishing. You stay in motel-style units (50). **Carole Barron, Sun Mountain Lodge, Box 1000, Winthrop, WA 98862 (509/996-2211, 800/572-0493 in Washington).**

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MONEY

Margaret Daly

Should You Rent Out a Spare Room?

The income can be enticing, but be sure you've considered these questions before you take on a renter:

● **Do you really want to be a landlord?** Weigh the pros and cons carefully: On the plus side, there's the income, plus some potential tax breaks, like being able to deduct depreciation and certain costs (check details with a tax expert). Having someone else in the house also may provide a sense of security and potential companionship.

The negatives: You'll be giving up some privacy, you'll probably pay fix-up costs for the rental unit, your heat and electricity bills will rise, and you'll be responsible for maintenance and repairs. You'll also face some potential legal and personal liability questions you did not have as the sole occupant of your house. And, you may upset your neighbors who—justifiably or not—are suspicious of opening up the area to nonhomeowners.

● **Is the rental legal?** It may not be, if you live in an area zoned strictly for single family dwellings. Check with your local town planning or zoning board; if necessary, you may be able to obtain a special permit to rent. Even if you're allowed to rent, you may have to do some work in order to comply with the rules; otherwise, you'll jeopardize your insurance. When major remodeling is involved, be sure that plans are filed with the appropriate authorities.

● **Are you properly insured?** Check these facts with your agent:

1. Having a tenant increases your liability exposure, and your insurance company may not cover a claim if it discovers you are no longer using your home strictly as a single-family dwelling. Get your agent to adjust the liability clause. Your rates will go up a bit, but you'll be properly protected.

2. If you've done some remodeling to accommodate a tenant, the replacement cost of your house has probably risen. Even the fact that you can rent out part of the house may hike the value. Be prepared to pay higher premiums as a result.

● **Does your lease protect you enough?** Standard leases cost very little, but it's probably advisable to get a lawyer to help you shape the lease to specific concerns. In addition to the rental payments, consider terms such as these:

No subletting. A limit on the number of people who can stay in the apartment. No liability on your part for injury to renter or guests. Limits on stereo and other noise after certain hours. A down payment of one month's rent or more as security (stipulate that it's *not* applicable to the last month's rent). A one-year limit on the lease, with renewal terms clearly spelled out. Details of your responsibilities, such as shoveling the walk.

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REUBEN LOAF

Makes 1 loaf

- 3¼ cups all-purpose flour
- 1 tablespoon sugar
- 1 teaspoon salt
- 1 package FLEISCHMANN'S® RapidRise™ Yeast
- 1 cup hot water (125°-130°F.)
- 1 tablespoon BLUE BONNET® Margarine, softened
- ¼ cup thousand island dressing
- 6 ounces thinly sliced corned beef *or* 1 (7-ounce) can corned beef
- ¼ pound sliced Swiss cheese
- 1 (8-ounce) can sauerkraut, well-drained
- 1 egg white, beaten
- caraway seed, optional

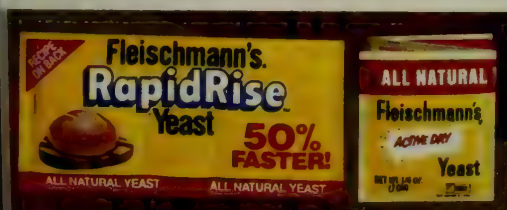
Set aside 1 cup flour. In large bowl, mix remaining flour, sugar, salt and yeast. Stir in hot water and margarine. Mix in only enough reserved flour to make soft dough. On floured surface, knead 4 min.

On greased baking sheet, roll dough to 14 x 10 inches. Spread dressing down center third of dough length. Top with layers of beef, cheese and sauerkraut. Cut 1-inch wide strips along sides of filling out to dough edges. Alternating sides, fold strips at an angle across filling. Cover dough; place sheet over large shallow pan half-filled with boiling water for 15 min.

Brush with egg white; sprinkle with caraway seed. Bake at 400°F. for 25 min. or until done. Cool slightly; serve warm. Refrigerate leftovers; reheat to serve.

To use FLEISCHMANN'S Regular Active Dry Yeast: Dissolve yeast in 1 cup warm water (105°-115°F.) Mix in margarine, sugar, salt and enough flour to make dough. After kneading, cover; let rise in greased bowl over hot water 20 min. Punch down; shape, let rise 20 min. Bake as above.

For more easy recipes, send $1.00 to: Bake-It-Easy Cookbook, P.O. Box 337, Department A-6, Teaneck, NJ 07666. Allow 4-6 weeks for delivery.



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Barbara Humeston

NEW HELP
For Pets And Pet Owners



There's good news for pet lovers everywhere. Local organizations are stepping in to help do some of the things needy pets and pet owners can't do for themselves. Your community group may be able to help, too.

In a host of communities all across the country, unique programs are popping up to help pets and pet owners in need. Here's just a small sampling of what's happening where. All of these programs make excellent models for similar efforts in your community.

Food for the asking

Thanks to efforts of the local YMCA, elderly residents of Dover, Delaware, don't have to choose between paying their utility bills and feeding their pets during winter. Local companies and residents donate pet food to the Y's pet food bank. The food then is distributed to elderly pet owners through the help of volunteers from the Kent County Society for the Prevention of Cruelty to Animals and the Dover Modern Maturity Center. The program operates from December through March.

For more information, contact: Dover YMCA, 1137 S. State St., Dover, DE 19901.

At the other end of the country, the San Francisco Society for the Prevention of Cruelty to Animals (SPCA), Meals on Wheels, and the San Francisco area's Home Health and Hospice Center have joined forces to provide free pet food to needy pet owners confined to their homes. In its first year, this Charitable Chow program distributed more than 5,200 cans of cat food and 2,500 pounds of dry pet food. The San Francisco SPCA and community volunteers also collect pet food discount coupons and then distribute them to

continued

Photograph: Larry Allan/West Light





In 1906, the cook at The Great Northern Lumber Camp thought it would be all right if she enjoyed a cigarette with the boys.

She soon found herself in a bit of a jam.

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8 mg "tar," 0.6 mg nicotine av. per cigarette, FTC Report Mar.'84.

continued

Help for pets and pet owners

older area residents who own pets.

For more information, contact: The San Francisco Society for the Prevention of Cruelty to Animals, 2500 16th St., San Francisco, CA 94103.

Pet care in a pinch

For pet owners who live alone, an emergency trip to the hospital can spell trouble for the pet that's left behind. In Burlington, Iowa, a free pet registry program, sponsored by a nonprofit group called People-Pet-Partnership (PPP), provides hospitalized pet owners with peace of mind, knowing their pets are cared for.

Whenever pet-owning patients are admitted to emergency rooms at three cooperating local hospitals, a hospital staffer calls a phone number manned 24 hours a day by PPP volunteers. The volunteers see that unattended pets are cared for until the owners' friends or relatives can take over. Ideally, pet owners register with PPP in advance, designating an individual to be responsible for their pets in an emergency.

For more information, contact: People-Pet-Partnership, c/o Allgood Veterinary Hospital, 3106 Johannsen Dr., Burlington, IA 52601.

Banking on new homes

Pets are finding new homes in New York City these days through a cooperative program between an independent animal welfare group, called Bide-A-Wee Home Association, and local banks. For the past seven years, Bide-A-Wee regularly has displayed adoptable dogs and cats at local banks, where it's convenient for prospective pet owners to see and adopt them. Most recently, this pet placement program has been operating in conjunction with the branches of Citibank.

Pets and pet owners alike benefit from the assistance that's provided through innovative "help" programs of community groups.

For more information, contact: Bide-A-Wee Home Assoc., 410 E. 38th St., New York, NY 10016.

On behalf of the elderly and handicapped

The Companion Animal Association of Arizona is an independent community volunteer group that offers a comprehensive pet-help program to elderly and handicapped residents and their pets. The group's many services include providing transportation to and from veterinarians' offices, making dog groomers and trainers available to assist with pet behavioral problems, and organizing a network of foster homes in which pets can be cared for while their owners are hospitalized.

For more information, contact: Companion Animal Assoc. of Arizona, Box 13606, Phoenix, AZ 85002.

—With Julie Rovner

If he lives indoors, his lifestyle could call for fewer calories.



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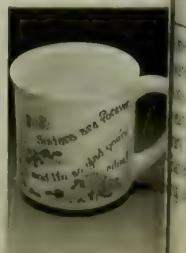


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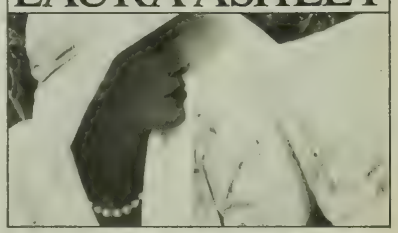
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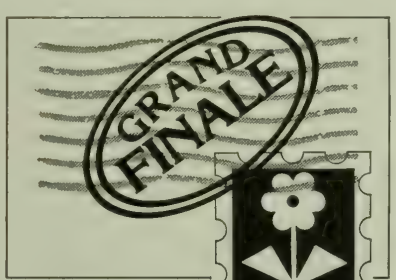
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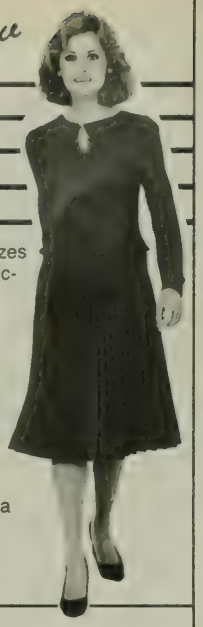
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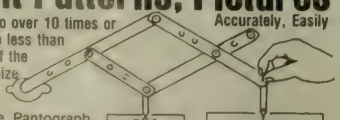
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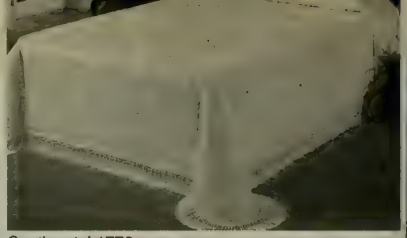


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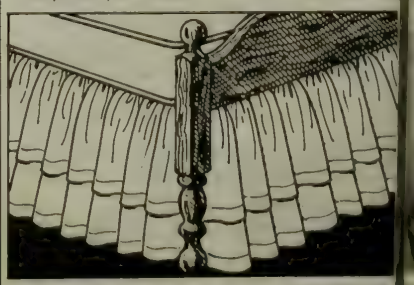
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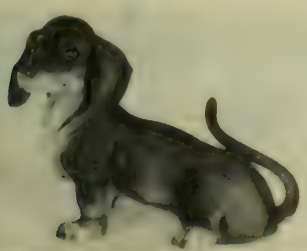


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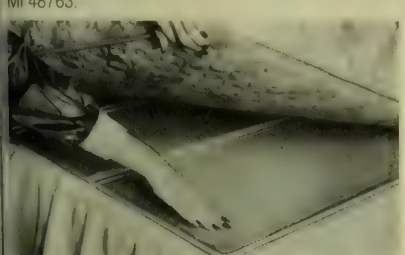
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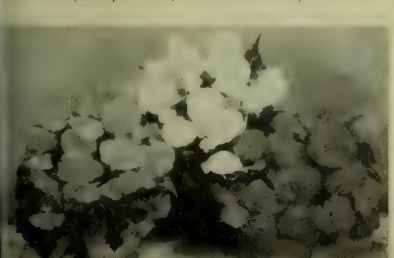
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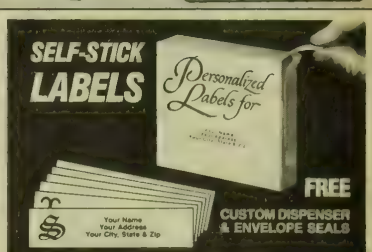
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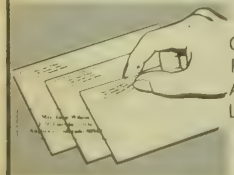
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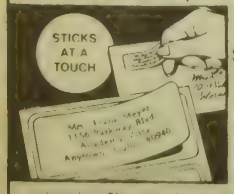
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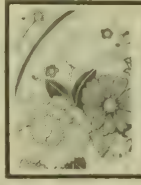
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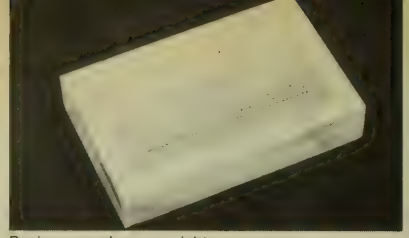


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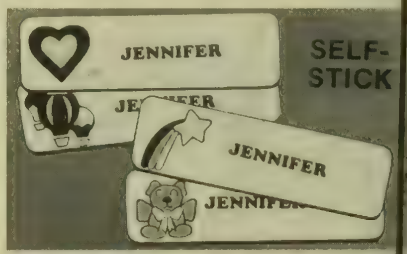
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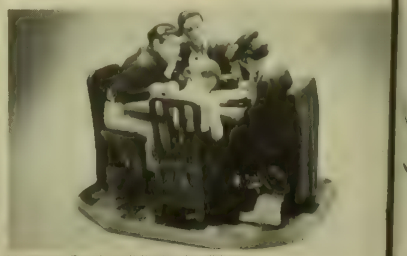
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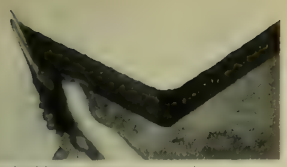
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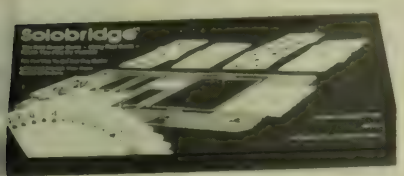
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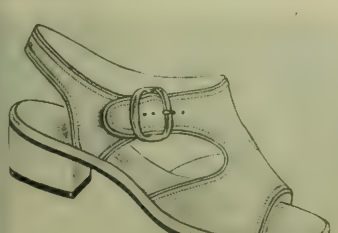
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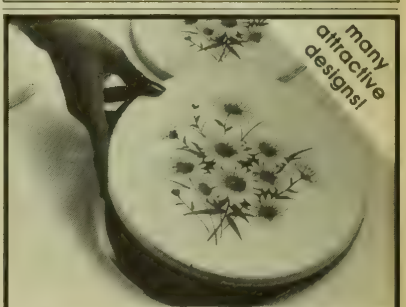


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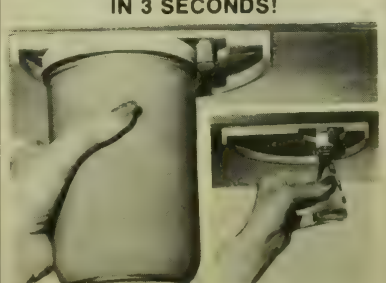
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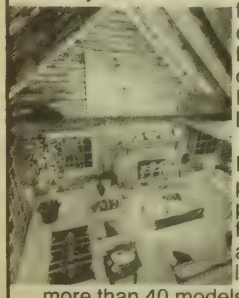
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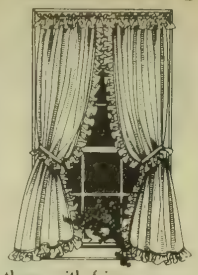
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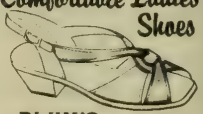
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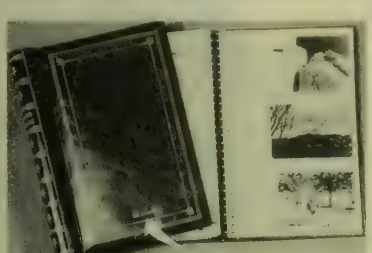
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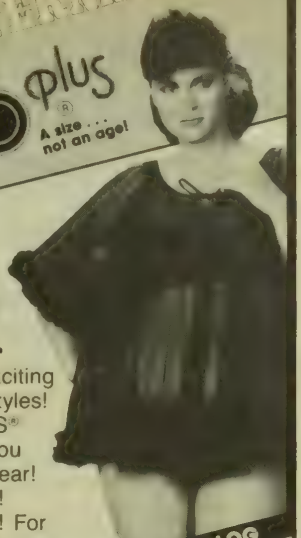


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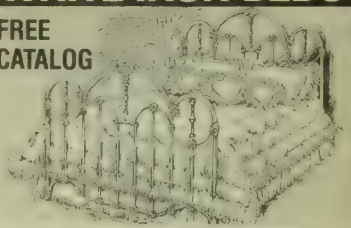
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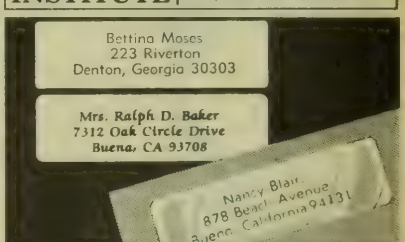
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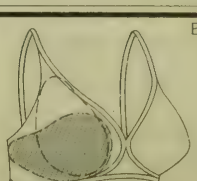
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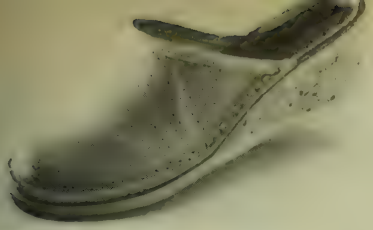
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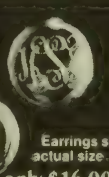
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The Man Next Door®

My friend Hank Bell reports that one of life's most pleasant moments is that rare instance when your checkbook balances on the very first try.

Liz Filbert says she's holding out on purchasing a home computer until she locates a model that sorts supermarket coupons.

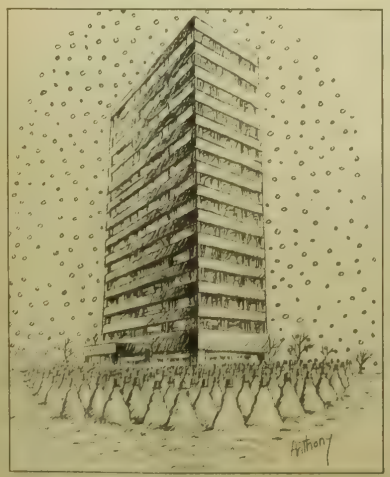
Our Aunt Alice celebrated her birthday with a big "blowout"—all 72 candles on the cake went out with one deep breath (with a little help from the rest of the family).

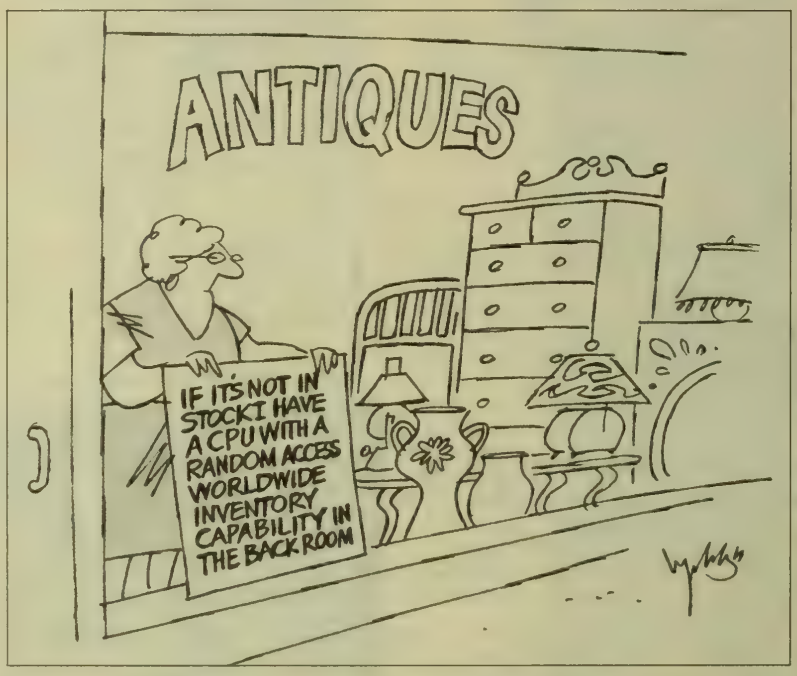
Tom Bigley says nothing beats the disappointment of coming home from a long meeting to find out that a power failure caused your video recorder to blank out during a big basketball game.

The litmus test of harmony in marriage, Dot Dresch advises, is a couple who can agree on a comfortable thermostat setting.

Seen on the side of a city maintenance truck after a recent ice storm: "Beware of falling rock salt."

Personalized messages are great, but I must admit to some irritation at the computer letters I've received lately addressed to "Mr. Hollis" with the greeting "Dear Barton."





Chris, who works at the library, calls the ever-popular western novel section her "how-do" collection.

After one look at the expensive seafood dish before her, Grandma Hillis quipped that she asked for scampi and received skimpy.

Sometimes the best that can be said about cars and politicians, notes editor Earl Reeves, is that both are subject to recall.

No justice: Judy says it just isn't fair that Washington and Lincoln probably never got to enjoy the holiday on their birthdays.

After catching a few TV programs one snowbound evening, Doc Hannelley concluded that, thanks to the networks, we may yet conquer insomnia in our lifetime.

Dieting Midge Meese says she loves her Valentine's gift from husband Ed: a heart-shaped box of fresh veggies accompanied by a favorite yogurt dip.

Our village is a collector's paradise. And some of the best our collectors have to offer is on display at the library today in a program organized by Chris.

Collectors are a unique species, usually observed prowling about flea markets, garage sales, and antique stores. They can be the quietest folks in most situations, but they're never at a loss to talk about their specialties.

Just ask Elizabeth Parkins about the thousands of matchbook covers she's acquired on her travels around the world. Or quiz Ted Volker about his priceless Meerschaum pipes.

And then there's Lee Bayless and his zebras—ashtrays with zebras, wall hangings with zebras, neckties with zebras. When I asked, "Why zebras?" I got the reply I should have expected, "Why not zebras?"

Which, I suppose, is the gist of being a collector: Indulging the child in yourself, delighting in possessing something that tickles your fancy, no matter what anyone else happens to think.

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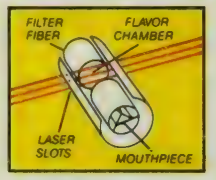
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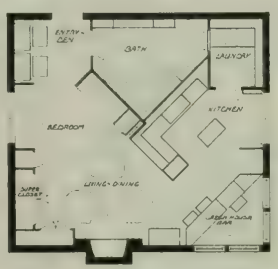
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SPECIAL LIMITED TIME OFFER!

Save up to 50% on famous Oneidaware stainless from Betty Crocker now!



Twin Rose shown here.
20-pc. set includes four 5-pc. place settings of deluxe handle dinner knives, dinner forks, salad forks, soup spoons, and teaspoons.

20-pc. set just $21.95 plus postage and handling



Get Oneida's famous craftsmanship in exclusive patterns from America's leading seller of this quality Oneida flatware. Compare these low, low prices for popular, everyday Oneidaware…

Description	Comparable Retail Sale Price*	Special Betty Crocker Price
20-pc. set	$45.00	$21.95
5-pc. place setting	11.25	5.99

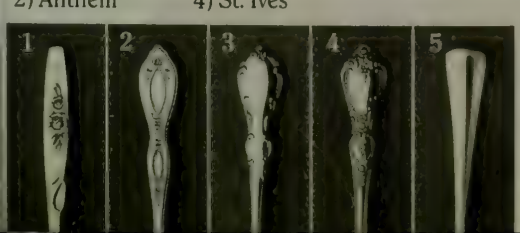
*These are *sale* prices found in most stores on comparable quality Oneida flatware—*already discounted 50%.*

Priced for family use or starter set, ideal for entertaining, gifts. 100% money back guarantee. Act now—offer expires May 15, 1985!

Added Bonus! Free Betty Crocker Coupon Catalog sent with your order. Get additional matching flatware and other items for your home at savings of up to 50% or more with Betty Crocker coupons found on General Mills products.

Choose from these 5 patterns

1) Twin Rose
2) Anthem
3) Whittier
4) St. Ives
5) Allegiance



Mail this coupon today. Or for faster service, call toll free **1 800 328-5085** (In Minnesota, call) 1 800 322-8325

Phone orders accepted with charges *only.* Call between 9 A.M. and 9 P.M. CST, Monday-Friday and have credit card and order information ready.

MAIL TO: General Mills, Inc., Box 5385, Minneapolis, MN 55460

YES! Please send me the Oneidaware I've indicated below.

Indicate Pattern:
☐ 1. Twin Rose ☐ 2. Anthem ☐ 3. Whittier ☐ 4. St. Ives ☐ 5. Allegiance

Choose one:

1. ☐ One, 20-pc. Set at $21.95

OR

2. ☐ Individual 5-pc. place settings
@ $5.99 x _____ (limit 4)
qty.

SUB TOTAL $ _____

Add postage and handling $ 1.00

ORDER TOTAL $ _____

METHOD OF PAYMENT:

☐ Check or money order enclosed (Do not tape or staple payment to order form.)

Charge to my ☐ VISA ☐ MasterCard (Minimum charge order $10.00)

Credit Card No. _____ Card Expires Mo. ____ Yr. ____

Signature X _____
(Charge not valid unless signed)

Print Name _____

Address _____

City _____ State _____ Zip _____

Daytime Phone ( ) _____ (In case we have a question about your order)

Please allow up to 6 weeks for shipment. Offer expires May 15, 1985.
Good only in U.S.A. © 1985 General Mills

Cavalier

The unstuffy wagon for people with lots of stuff.

Everybody puts groceries into a wagon. Or dry cleaning. Or the kids. But if you're not like everybody—if you'd like a wagon for your stuff—then why not get a wagon as unstuffy as the stuff you put into it? Like Cavalier. The unstuffy, younger-sized wagon. From Today's Chevrolet.

Cavalier holds all kinds of stuff. Over 64 cubic feet of stuff with the rear seat folded down. Big stuff. Small stuff. Good stuff. Not-so-good stuff. Fun stuff. All kinds of stuff.

Then there's the standard 2.0 Liter electronically fuel-injected engine that delivers performance that is equally spirited and unstuffy.

All of which makes Cavalier the very unstuffy wagon, for people with lots of stuff.

GM Let's get it together...buckle up.



Editor At Large

I am particularly fond of this issue of *Better Homes and Gardens* offering 100 ideas for less than $100. That's probably because it was my idea in the first place, more than 22 Marches ago.

Some years ago I found a memo at the bottom of a desk drawer where it had lain forgotten for years. "Why don't we do a piece called 10 ideas for less than $10?" it said. I'd written that memo when I was Handyman Editor for *Better Homes*, and had taken it to a monthly issue-planning meeting. We still have these meetings. Editors in each department—Health, Gardening, Food and so on—bring ideas for stories in memo form to the meetings; everyone discusses them and a schedule for the issue emerges.

My idea sounded good to everyone, and out of the discussion that followed came what we finally did—100 ideas for less than $100, which sounded even better than 10 for less than $10. We've been doing it every year since.

It has been an extremely popular feature, and no wonder. The projects are generally interesting, easy to do with readily obtainable materials, and help you do something nice for your homes, with 100 ideas to choose from.

There's a deep reservoir of get-it-done self-reliance in American families, inherited from the pioneers who built this country.

Over the years, as inflation has chipped away at the value of our dollars, it has become more and more difficult to meet the $100 price tag, yet our designers and editors still manage to come up each year with 100 worthwhile projects inside that figure (grumbling and muttering to themselves all the way). It's really quite remarkable to me that they continue to do it. And I ought to know, because for several years, I was in charge of that issue of the magazine, and did, indeed, design and build many of the projects that appeared in it.



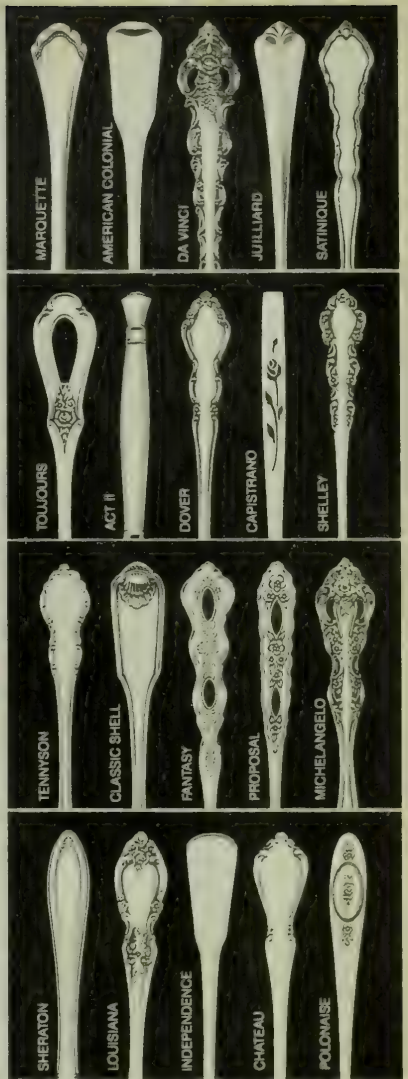
2,200 ideas under $100 . . .

Another thing that I find remarkable is that I often hear from those of you who pick up a tool for the first time and tackle some extraordinarily complicated project. You'll buy one of our more complex project plans, for example, proceed to attack it with few tools and little experience—and succeed!

These stories warm my old do-it-yourselfer heart. I'm sure *Better Homes and Gardens* has been a source of information and inspiration to you. However, I'm just as sure that there's a deep reservoir of get-it-done self-reliance in American families, inherited from the pioneers who built this country. We wouldn't be living the lives we are today if those folks hadn't had the gumption to take on near-impossible tasks with limited resources to make a better future for their families.

We want to encourage this spirit and add to your skills. Doing good things for yourself and others is what family life is really all about.

David Jordan



Stainless sample$1.

Oneida Sample Center
P.O. Box 9777, New Brighton, MN 55197

I enclose $1. plus $.25 postage and handling for each stainless teaspoon ordered. Offer limited up to three spoons, one spoon per pattern. Complete services and open stock are available at fine stores.

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Name _____
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Address _____
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Add sales tax for N.Y. & Calif. Offer valid only in U.S.A. & P.R. Allow 4-6 weeks for shipment. Expires 12/31/85. BG035

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More than a smile and a promise.

EQUAL HOUSING OPPORTUNITY



LET US FIGHT THE WAR ON GRIME.

It's time you won your freedom from cleaning the bathroom.

That's why you should let the Scrubbing Bubbles in Dow Bathroom Cleaner do your dirty work.

Just spray on tile, porcelain or chrome and watch the bubbles attack dirt and scum without ever leaving a scratch.

Plus, they disinfect and leave the bathroom smelling fresh and clean.

So put the Scrubbing Bubbles on your side in the war on grime.

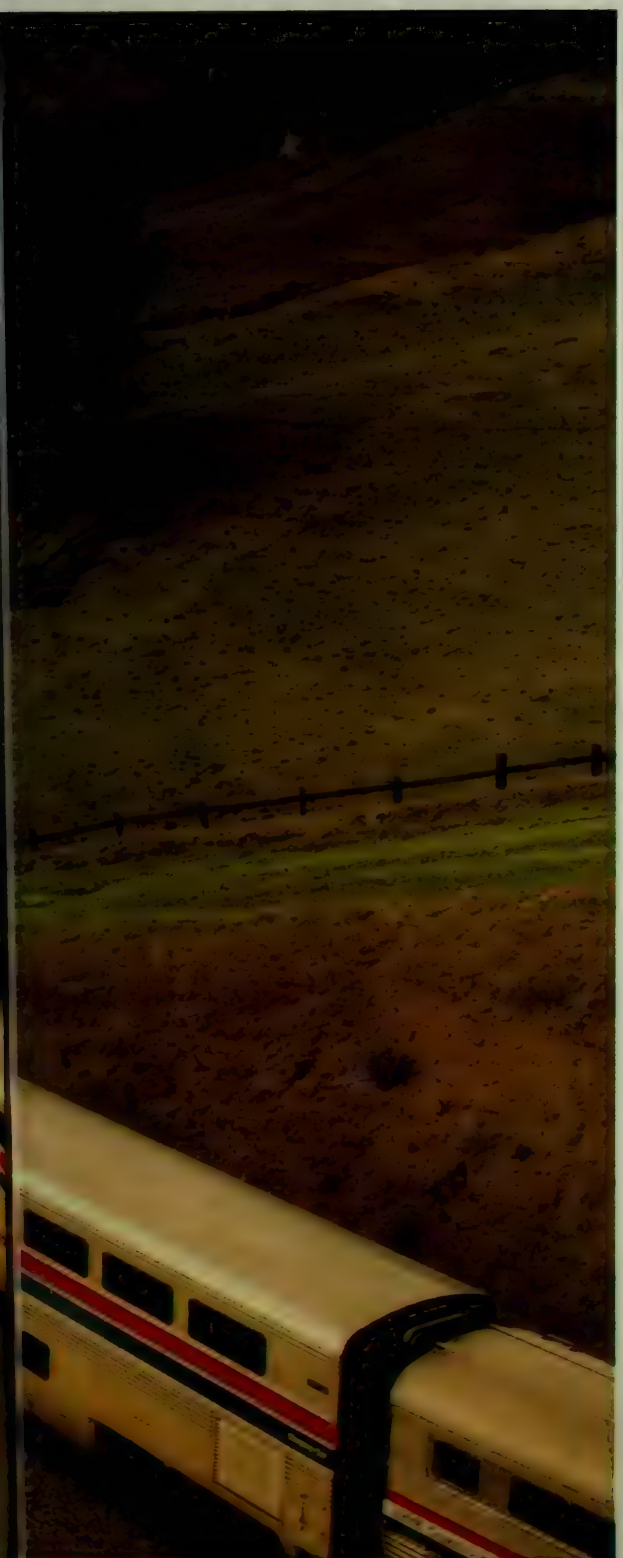
We do the fighting, so you don't have to.



"Good Morning. Your Eggs Are Frying, Your Bacon Is Crisp, And You've Just



TRAVELED 400 MILES."



While you were sweet dreaming on your pillow, Amtrak was whisking you 400 miles closer to your destination, and you didn't even bat an eye.

Now Amtrak's full service kitchen is preparing breakfast to your order, and it will be served with a smile and a passing view. Where else but on one of the most advanced passenger train systems in the world... Amtrak.

In the last 10 years, Amtrak has replaced 75% of its trains with all new equipment, and has refurbished the other 25%. We boast one of the best on-time performance records of any carrier in the transportation industry. Our computerized reservations system is second to none, and now there are over 10,000 travel agents at your service.

So come and feel the magic, as 19 million riders a year do. Call your travel agent or call Amtrak at 1-800-USA-RAIL. You'll find traveling so easy, you can do it with your eyes closed.

ALL ABOARD AMTRAK


STRIKE A CLEAR NOTE
Cascade
AUTOMATIC DISHWASHING DETERGENT
FOR VIRTUALLY SPOTLESS DISHES
LEMON SCENT
Cascade
AUTOMATIC DISHWASHING DETERGENT
FOR VIRTUALLY SPOTLESS DISHES
THE CASCADE LOOK
VIRTUALLY SPOTLESS

What's Happening

MATISSE AT MOMA

Superb drawings by the great French artist.



Fresh from the Hayward Gallery in London, a first-time-ever exhibit of drawings by Henri Matisse opened February 28 at New York's Museum of Modern Art. The showing of approximately 150 drawings, one-third of which have never been on public view, spans the artist's career. Sponsored by Meredith Corp., the exhibit runs until May 14.

DRY-CLEAN ONLY?



When next you buy a new outfit, you'll notice more specific cleaning instructions on the care label. The Federal Trade Commission (FTC) is requiring manufacturers to provide detailed care tips in easy-to-understand language.

Facts on clothing care and the new regulations appear in a free booklet "What's New About Care Labels," from the Federal Trade Commission, Public Records Branch, Room 130, Sixth and Pennsylvania Ave., NW, Washington, DC 20580.





SAY "BAA-A-A-A-A-A!"

Bleating-heart animal lovers are flocking to sheep in a big way these days.

Following decoratively on the heels of pigs, rabbits, bears, and even kerchief-dressed geese, woolly collectibles have become hot home accents. In fact, the trend toward lambs as adult accessories means you don't have to feel, uh, sheepish about displaying them in your home or even in your office.

Sheep are turning up as everything from Christmas tree ornaments and pot holders to not-for-kids-only stuffed animals. "E. F. Mutton," shown here in foreground, is appropriately attired for the office. Larger versions, like this 25-inch-high "Suffolk Miss Ewe," can graze in your living room, yet are strong enough to cuddle your feet or serve as a stool. Both sheep are from *Lamb International*, Ipswich, MA 01938.

A GREAT AMERICAN QUILT FESTIVAL

Stitch your patriotism into a great needlework of art.

Here's a chance for quilters to participate in a unique quilt show and contest honoring the centennial celebration of the Statue of Liberty. Enter The Great American Quilt Festival, sponsored by 3M/Scotchgard, to be held April 30 through May 4, 1986.

All quilts must be original designs executed by the designer(s) on the theme of liberty, freedom, or the heritage of Americans.

Quilts must be of colorfast fabrics and measure 72 inches square. Entries should be submitted as color photographs or 35-mm slides along with a $10 entry fee and a Scotchgard proof of purchase by January 17, 1986. Works will be judged on originality, execution of theme, craftsmanship, and overall general appearance. Top prize is a $20,000 purchase award from the Museum of American Folk Art and the quilt will be the first of a Scotchgard permanent collection at the museum.

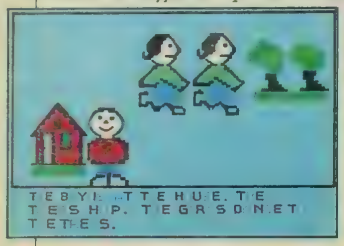


For information and entry forms, write Great American Quilt Festival, Suite 1500, 1 E. Wacker Dr., Chicago, IL 60601 or call toll-free 1-800/227-3800, extension 1779.

continued

EDUCATIONAL SOFTWARE

The NEA offers help in selecting educational software.



If you're confused by the thousands of educational software programs available, there's help. A software company can request a review of its educational products by the National Education Association's Educational Computer Service. Products then may receive the "NEA teacher certified" trademark. Since NEA does not review all software, lack of the trademark does not mean a program is not a good one. Programs are reviewed by teachers and computer experts on three basic criteria:

Technical reliability—program performs and executes all advertised features.

Instructionally sound—program is educationally accurate and presented in an interesting way.

Easy to use—instructions are in logical, nontechnical language understandable to both teachers and students.

NEA has produced a book called *The Yellow Book, A Parents' Guide to Teacher Tested Educational Software* ($18.95 hard cover and $12.95 soft cover). To order, write: Garland Publishing, Inc., 136 Madison Ave., New York, NY 10016.

GROCERY BAG ART

Create a masterpiece from grocery bags and win money.

Be creative with a paper grocery bag and you could win $500 (first prize), $250 (second prize), or $100 (third prize) The Second Annual Paper Grocery Bag Art Competition, sponsored by the American Paper Institute and the National Alliance of Supermarket Shoppers, will offer you and your children a chance to turn a paper bag into an imaginative work of art. A special Youth Division (14 and under) offers prizes of $250, $100, and $50. Teachers can use the competition as a class project, and become eligible to win $250 if one of their students wins.



1984 WINNER

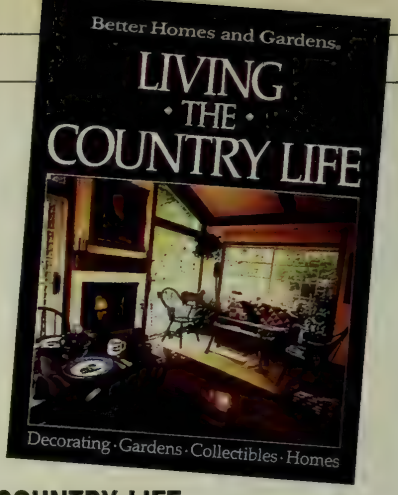


1984 WINNER

Simply create a work of art made of at least 50 percent paper grocery bags. Send one entry per person, clearly labeled in block letters with name, address, and telephone number. Youth entries must include age, and, if a class project, the school and teacher's name. Entries must be received by March 31, 1985. Entries become the property of the competition.

Send your entries to: Second Annual Paper Grocery Bag Art Competition, c/o NASS, 1200 Hempstead Turnpike, Franklin Square, NY 11010. Or look for local stores sponsoring competitions.

In June see the winners at the International Paper Co. Headquarters, International Paper Plaza in New York.



LIVING THE COUNTRY LIFE

Read all about country—America's favorite decorating style.

Anyone with a yearning for simpler times and natural, unassuming furnishings will appreciate *Better Homes and Gardens*® 320-page book, *Living the Country Life.*

Through its tour of homes that range from rustic to refined, the book emphasizes that "country" is an attitude—not a place. Color photographs illustrate how city dwellers and suburbanites, as well as rural folks, have incorporated the country look into their homes. Additional sections on floor coverings, window and wall treatments, and country collectibles help make your own country decorating easy.

The book focuses on decorating, but there's also information on building or remodeling a country house, plus a delightful section on creating your own country herb, flower, or vegetable garden. The book sells for $23.95.

NEXT MONTH IN BH&G



THE FABULOUS LACQUER LOOK

You can easily give down-at-the-heels furniture a smart new lacquer look. Our step-by-step instructions and basic painting supplies are all you need to turn out some chic works of art to grace your home.



AFTER-WORK COOKING

Day's done. It's time for dinner, and panic is just around the corner. But here comes help—planning strategies and super-tasty, quick-to-fix recipes to help you handle weeknight dinners with ease.

PLUS . . . Wonderful window seats . . . Growing herbs . . . Updating a '50s house . . . Kitchen storage . . . Landscape solutions . . . and more!



Two dips are better than one.

Brach's Chocolate Covered Peanuts and Peanut Clusters are America's number one favorites.

Partly because we individually inspect each and every peanut.

And then, fresh roast only the very best to perfection.

But the clincher is that each peanut gets dipped not once, but twice in Brach's own rich, real creamy milk chocolate.

So for double-delicious chocolate covered peanuts, treat yourself to number one.



Nobody treats America like Brach's.

The only whole = whole wheat flake.

Only a Post® Grape-Nuts® Flake is a whole, whole wheat flake. Because we simply roll one whole grain of wheat into one light, crisp flake, without taking it apart and mashing it together with other flours (like other flakes do).

You can see it for yourself. The natural line of the whole wheat grain is still there on every Grape-Nuts® Flake. We're the only flake that doesn't process it out. One whole wheat grain becomes one naturally delicious whole wheat flake.

Grape-Nuts® Flakes.
The only whole, whole wheat flake.



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AIR FARES
HOW TO GET THE BARGAINS

The airline that took you to Grandma's house last summer doesn't fly there anymore. The family-plan air fare you used for your ski trip this winter has disappeared. And nearly a dozen air fares are offered for your upcoming vacation at Disney World.

Complications like these routinely confront families, since air-fare deregulation started shaking the skies about a half-dozen years ago. But there are good deals to be found. A host of new airlines is creating new competition, and more travelers than ever are taking advantage of discount fares.

NOTE: All prices quoted here as examples were accurate when we went to press.



OFF ON THE BEST FOOT

To get off the ground in your search for air-fare bargains, you need to become acquainted with the basic types of air fares. Here's how the four basic fares most air travelers use stacked up recently on a United Airlines' round-trip flight between New York and Los Angeles.

- **First class—$1,378**
- **Coach—$918**
- **Super saver—$439**
- **Promotional fare—$298**

The most widely available discount fare is the **super saver,** which typically saves you 50 percent on standard coach prices. But certain restrictions apply. You usually have to stay at your destination for a period of time that includes at least one Saturday, you generally fly midweek or during other slow travel times, and you must buy your ticket at least a week, sometimes 14 days, before you go.

Bargain priced **promotional fares** usually enter the picture when an airline starts flying to a new destination, introduces a new type of aircraft, or is in heated competition with another airline for passengers. These air fares apply to a limited number of seats on certain flights for a limited time.

Almost everyone has heard of **first-class fares,** noted for wide seats and elbowroom at the front of the plane, and **coach,** the name given to the rest of the seats in the plane that aren't sold at discount prices.

All major airlines also offer children's fares, which typically run 25 to 35 percent less than adult prices. Children must be under 12 to qualify. Ages under 2 fly free when they don't occupy a seat. Be on the lookout for special children's promotions as well, especially during summer. For instance, several major airlines recently allowed one child aged 2 to 17 per family to fly free on New York–Florida flights three days a week.

ROCK-BOTTOM PRICES



Traveltron of Irvine, California, specializes in budget air fares. The company handles more than 10,000 telephone calls per month, quoting the lowest fares and issuing tickets. There's no charge for the service. Call 714/851-8073. Tickets are charged to your credit card and mailed to you, or you pick them up at the airport. You're reimbursed for your long-distance call when you buy your ticket from Traveltron.

MORE DISCOUNT POSSIBILITIES

- **Unlimited mileage passes**—With some airlines (Eastern and USAir primarily), you can fly anywhere their planes fly for one price during a specified period of time. Restrictions apply regarding stopovers and so forth. But if plans call for lots of travel in a short time, these fares can pay dividends.
- **Standby**—If you're willing to wait at the airport till seats become available, you can save as much as 65 percent on coach fares by flying standby. Ticket agents sometimes can give you tips about when standby opportunities are best. Always check in at least two hours in advance when flying standby (seats are allocated on a first-come, first-serve basis).
- **Charters**—Within the U.S., charter flights largely have gone by the wayside (overseas charters still abound). The charters that remain generally are sold in conjunction with tour packages, like a gambler's special to Las Vegas.
- **Night fares**—Discounts may apply to late night or early morning flights. Reshuffling your schedule a bit (say, departing at 6:30 a.m. instead of 7 a.m.) may mean savings.

NEW GUYS IN THE SKIES

One of the biggest ruckuses in the skies these days centers on a score or more of smaller airlines offering bargain fares and/or flying to cities abandoned by major airlines. Names you should get to know include People Express, Muse Air, America West, Midway Express, Horizon Air, Southwest, and Frontier Discovery (formerly Frontier Horizon). Southwest, among the biggest of these airlines, flies to 22 cities in 10 states. It initiated the simplified two-price (peak and off-peak) fare system used by many of the newer airlines.

Here's a sample

continued

AIR FARES
HOW TO GET THE BARGAINS

continued

of savings through these new carriers. Keep in mind, however, that established carriers frequently lower fares (at least for a limited number of seats per flight) to keep pace with the new competition. If you find a cheap fare, but would rather fly a different airline, call that airline and ask if it matches the lower price.

- **America West,** based in Phoenix, flies to California cities, the Southwest, and as far east as Kansas City. Its Los Angeles-to-Albuquerque fare is $49, versus $85 with the major airlines.
- **Florida Express** flies from midwestern and southern cities to Florida destinations. From Indianapolis to Miami runs $99, versus $129 with most other airlines.
- **Frontier Discovery,** an offshoot of Denver-headquartered Frontier Airlines, connects San Francisco, Chicago, Washington, D.C., New York, Tampa/St. Petersburg, and Orlando. The airline charges $100 from Denver to Chicago, $130 to New York or Washington, D.C. The cheapest comparable air fares with major airlines to these

continued

TRICKS OF THE TRADE

Deregulation gets credit for some real aberrations in routings and air-fare structures these days. If you know what to look for, you sometimes can take advantage of them.

1. The money you save by routing yourself through a second city and changing planes can be well worth the hassle. For instance, if you fly from Los Angeles to Dallas/Fort Worth on a regular coach ticket with Delta or American, the cost is $323. You can save $168 or $204, respectively, by going via Albuquerque on Pacific Southwest Airlines ($85 unrestricted coach) or America West ($49), then taking Delta or American to Dallas/Fort Worth from there ($70 weekends, $85 weekdays).

2. On most cross-country trips, you'll save money by flying between major cities. Competition is toughest and bargains are best on these heavily traveled routes. Flying between New York and Chicago, New York and Miami, and New York and Los Angeles, for instance, costs less per mile than flying between medium-size cities like Rochester and Nashville or Kansas City and Reno.

3. You may find fares lower when flying to airports near major cities rather than to the cities' main airport(s). For instance, try Newark instead of New York's La Guardia or John F. Kennedy, Hobby Airport instead of Houston Intercontinental, or Ontario or Long Beach, California, instead of Los Angeles International.

4. With a vacation package, you may get air fare, lodgings, and other extras for about the same price or less than you'd regularly pay for air fare alone. From Chicago, for example, Total Hawaii offers a six-day, five-night package to Hawaii that includes accommodations for $499 per person. During that same period of time, the cheapest super saver round-trip fare on that route ran about $475 to $495 per person on American and United.

5. Sometimes, promotional air fares to distant points are cheaper than standard fares to intermediate stops. You can buy a promotional fare ticket to a more distant location, then get off the plane when it lands at your destination along the route. For example, United offers a $150 discount one-way air fare from Denver to New York, with a stop in Chicago en route. The cheapest standard Denver–Chicago fare on United is $274 ($219 for a night flight). You'll need to pack your things in carry-on luggage you can take on board with you, since ticket agents won't check baggage to the intermediate stop. Flight attendants also have the right to check your boarding pass or ticket coupon to make sure you get off at the right stop, but they almost never do.

6. Buying two super savers can be better than one coach. Suppose you want to fly from Seattle to Washington, D.C., and can't qualify for a super-saver fare because you don't stay in D.C. the required length of time. Round-trip unrestricted coach is $750; the super saver costs $292. Buy two super savers, one dated for departure from each of the two cities on the days you want to fly. You'll save over $160, even if you throw away the unused portions of the super saver tickets. But you may want to keep them for use later (within 60 days) or perhaps even sell them (though technically speaking, airline tickets aren't transferable).

7. The time of year you travel can influence ticket price. During less-popular seasons, airlines try to stimulate business to seasonal destinations with reduced air fares. Shop carefully and you may be able to discover some bargains.

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What not to do in bed.

You can read.

You can rest.

You can sleep.

You can make phone calls.

You can eat breakfast.

You can watch television.

You can listen to music.

You can exercise.

You can snore.

You can even eat crackers—
provided you're alone.

And yes, you can snuggle.

But don't ever light up a cigarette
when you're in bed.

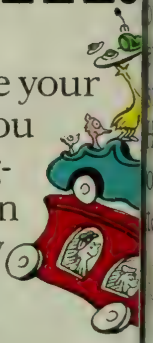
Because if you doze off just once,
all your dreams can go up in smoke.

R.J. Reynolds Tobacco Company

You have to be under 7 to have an appetite for Green Eggs and Ham.



One of the delights of childhood is the special kind of fun and humor created by Dr. Seuss. No one can match the ingenious way this gifted author and artist mirrors a child's mind with rhythm, rhymes and repetition. Millions of youngsters across America love to listen to, recite, and learn from Dr. Seuss. The adventure begins as you read aloud the playful stories at bedtime. Before you know it, as if by magic, your child proudly announces, "I can read it all by myself."



tional success. Even before your child is ready to read, you owe it to your youngster's future to own these wonderfully witty books that make reading as much fun as any game or toy.

Start a library now for your future scholars. And get a free gift while you save lots o dollars. Dr. Seuss & His Friends, The Beg ning Readers' Pro- gram, is a delightf collection of stur

Green Eggs and Ham? Why stop at that? They'll also love The Cat in the Hat! For the child, learning to read is an exciting, rewarding passage into the world of grown-ups. And for parents, it's a sure sign that your youngster has mastered the skill

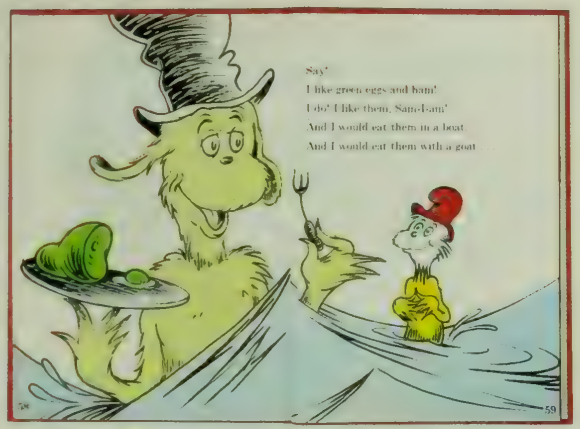




beautifully illustrated, fun-to-read books, written recommended by Dr. Seuss. Now, for a fraction of what you pay at the bookstore, you can get Dr. Seuss's ABC, Green Eggs and Ham, The Cat in the

...t Dr. Seuss & His Friends encourage your child's taste ...or wonder and fun and watch his reading ability grow.

...ur books in all at ...savings of more ...an $15. And just ...r joining this very ...ecial book club, ...ur child will also ...t an enchanting, ...turdy Cat in the ...Hat bookrack ...orth $3.50, abso...tely free.



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Parent's Signature

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1984 Resale Price
$7,000*



One option no car maker will ever be able to offer is a money back guarantee.

However, one look at the figures on this page will tell you a Volvo could offer you something almost as good.

As you can see, the resale value of a Volvo doesn't plummet the

ABOUT AS CL
CAN COME
A MONEY BAC

1981 Retail Price
$9,820*
1984 Resale Price
$8,600*



minute you drive it ou of the showroom. Even over time it's har to drive down.

A 1980 Volvo DL now resells for almost what it originally sold for. And a 1983 DL actually resells for more.

In fact, Volvo DLs sold over the last four

*Based on a comparison of manufacturer's suggested retail price (excluding title, taxes, dealer preparation and transportation charges) and September 1984 NADA Eastern Edition Used Car Guide average retail listing. Individual selling price of your car may depend on the condition, manner of resale and other factors.

ears have retained
n average of 95% of
e original manufac-
rer's suggested retail
ice.*

There's a good rea-
n a used Volvo com-
ands such a good
ice. Statistics show
e average life expect-
ıcy of a Volvo is now
) to 16.5 years.†

Which means after

1982 Retail Price
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1984 Resale Price
$10,000*



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ew short years, it's
rdly even used.

So if you want the
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)ney back guarantee
h your next new car,
y a Volvo. Of course,
'ou buy one, it's
hly unlikely you'll
r want your money
:k.

1983 Retail Price
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1984 Resale Price
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m, it may last longer. Summary available from your Volvo dealer. © 1984 Volvo of America Corporation.



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VEGETABLE GARDENING

By Douglas A. Jimerson

PLANTING FOR A BACKYARD BUMPER CROP



Close friends who stop by Jim and Helen Rood's suburban Minneapolis home bypass the front door and go directly to the backyard. Here, Jim and Helen spend all of their free time, nurturing one of the most carefully planned, idea-packed vegetable gardens in the country. Let them show you how to improve harvests in your own garden.

A PRIZEWINNING GARDEN IN THE SUBURBS

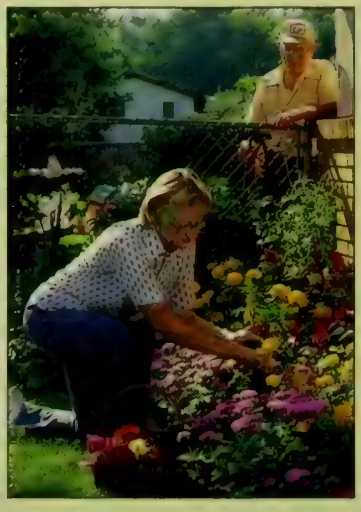


A GARDEN OVERVIEW

When the Roods go grocery shopping, they can skip the produce aisle: they grow a year's supply of vegetables right in their 24×100-foot garden. Crops like carrots, Swiss chard, beans, lettuce, beets, celery, and parsnips are all planted in wide rows or bands. By sowing these crops in short, wide blocks rather than in long, narrow rows, Jim and Helen increase their harvests fourfold.

About once a week, Jim runs his rotary cultivator between the rows of vegetables. This kills germinating weeds and helps keep the garden soil loose and friable. Netting covers raspberries growing alongside the Roods' tool shed to keep hungry birds away.

"We like having a neat, beautiful garden. And, it's good to have food put away for the winter, too."—*Helen Rood*



GARDENING TOGETHER

Jim and Helen work together in their amazing vegetable garden, tilling, watering, planting, and harvesting. They share the pride that comes with creating a blue ribbon winner. In 1982, their fine garden was awarded first place in a national contest sponsored by The Victory Garden, a public television program produced by WGBH, Boston.

TIPS FOR GARDENERS WITH SMALL BACKYARDS

- Grow cucumbers, squash, and pole beans on a support like a clothesline, fence, or trellis.
- Don't overplant. Grow only what you can use.
- For small gardens eliminate corn, potatoes, and trailing varieties of melons and squash.
- Read your garden catalogs carefully. Buy only dwarf or bush vegetable varieties that don't require a lot of room to grow.
- Interplant whenever possible. Lettuce and radishes, for example, can be planted together.

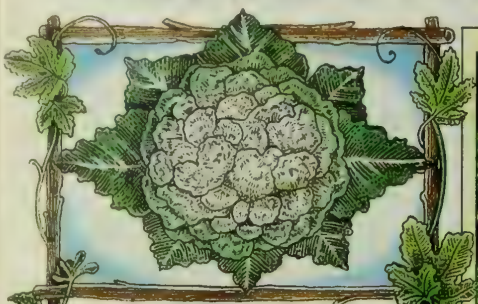


THE GARDEN PLAN

Every spring Jim and Helen make up a new garden plan. Although their garden is larger than average, it still employs a lot of important space-saving techniques you can try out in your own garden. All of the vegetables shown here were grown in the Roods' 1983 garden. Corn, berries, and squash grow in another section of the garden.



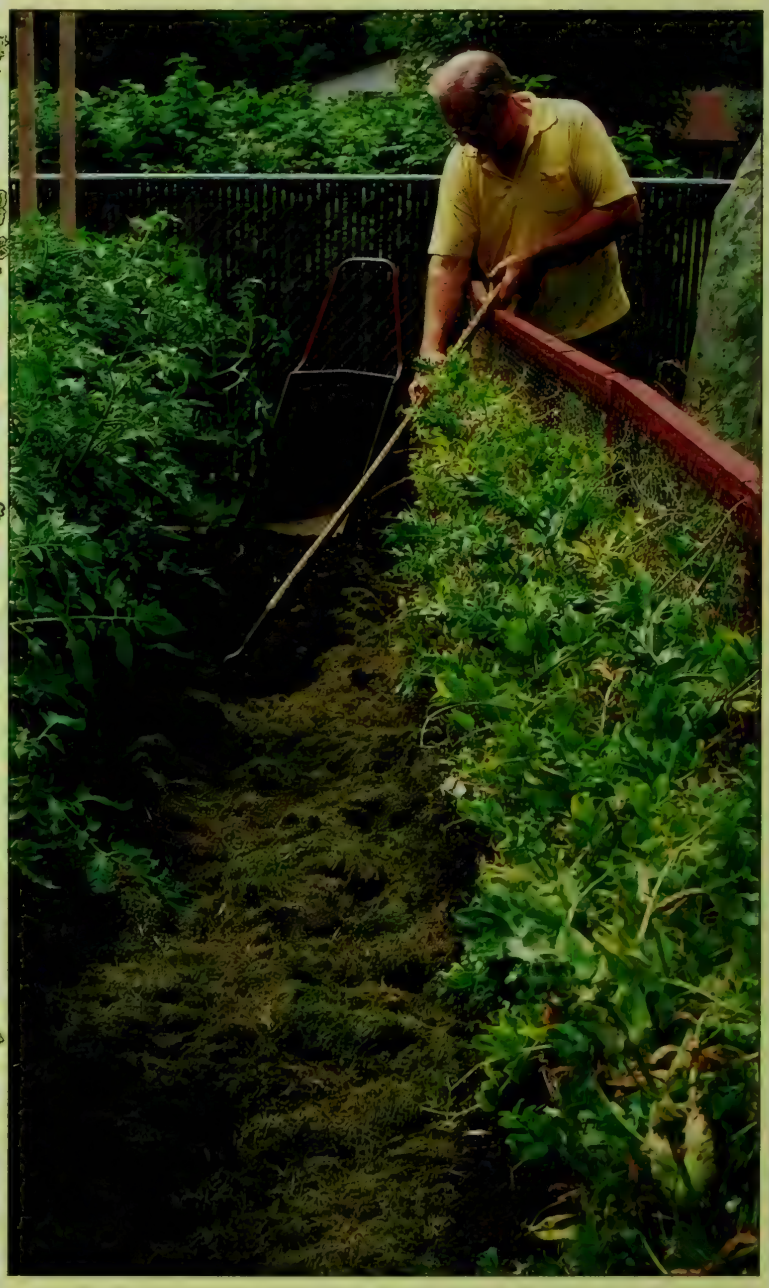
PLANNING POINTERS FOR YOUR GARDEN



10 VEGETABLE GARDEN TIPS FROM HELEN AND JIM

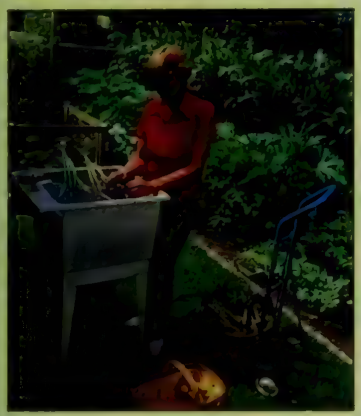
- Start small if you're a first-time gardener. Don't spend a lot of money on your garden until you're sure you like the hobby.
- Meet and visit with experienced gardeners in your area. They can help you with questions that pertain to your specific region.
- Follow directions carefully on fertilizer packages.
- Don't set transplants into the garden on a hot sunny day.
- Spray pesticides only when necessary and when it's not windy.
- Keep a record of your garden's progress in a diary. Be sure to include the plant name, planting and harvesting dates, and performance of each vegetable. This way you can learn from your successes and your mistakes.
- Don't use lime when growing potatoes; it causes scab.
- Plant corn at three different times for extended harvests. Helen plants corn on May 10, May 25, and July 10.
- Harvest frequently. Crops like beans, cucumbers, peppers, and summer squash will stop producing if the fruit is allowed to mature and set seeds.
- Don't save seeds from hybrid vegetable varieties. Even if the seeds germinate, plants probably won't be as good as the parents.

Photographs: Hopkins Associates
Illustration: Roger Leyonmark
Field editor: Patricia Carpenter



AN EASY WAY TO IMPROVE SOIL

To improve the soil in their garden, Jim and Helen bury grass clippings between the rows of vegetables. The clippings are allowed to dry out in a nearby compost bin before they're placed in a shallow trench and covered with soil. Jim digs the trench with a rotary cultivator. To save space, Jim and Helen grow peas vertically on a wood and chicken wire fence. The fence is made in three sections so it can be folded and stored when the pea harvest is over. Spent pea vines are composted and buried with the grass clippings. The vines add extra nitrogen to the soil.



A SINK IN THE GARDEN

Helen washes all of her vegetables in an outdoor sink before she brings them indoors for processing. The sink empties into a 3-foot-deep hole that's filled to the brim with stone for quick drainage.

The couple's wood and wire compost bin can be seen in the background. Here Jim piles his grass clippings until he has enough to spread over the garden. The bin comes apart easily for winter storage. Jim uses a handcart when he harvests heavy crops like onions.



INGENIOUS IRRIGATION

Jim and Helen don't let hot summer weather burn up their favorite crops. They've installed a series of overhead sprinklers in the vegetable garden that makes watering chores a snap. Each sprinkler is designed so that it can be hooked up independently to the main garden hose. It's a simple, timesaving system that also eliminates the tiresome chore of dragging a hose around the garden.



VEGETABLES IN CONTAINERS

Jim and Helen believe that vegetables are as good-looking as they are functional. So they surround their portable screened gazebo with a mix of crops planted in halved whiskey barrels. While relaxing in the cool, bug-free atmosphere, they enjoy the delicate leaf shapes and colors of the vegetables nearby. Black Beauty eggplants, Porto Rico sweet potatoes, Early Wonder green peppers, Pixie Hybrid tomatoes, Bush Champion cucumbers, Burpee's Butterbush butternut squash, Bush Acorn Table King acorn squash, Cantaloupe Musketeer, Bush Baby watermelon, Park's Pepper Pot pepper, and Ogallala strawberries are some of their favorite container crops. Container vegetables are watered every day.

"Gardening is a way of life for us. The satisfaction of growing your own food is as great as building your own house or sewing your own dresses."—*Helen Rood*



Up-to-Date Looks For Out-of-Date Baths

By Denise L. Caringer and Charlene F. Gaynor

Let warm wood, soft fabric, or a splash of refreshing color rejuvenate your aging bath. Without any structural changes, such cosmetic touches turn the ordinary into something special–and inviting!



Sunny disposition

▲ Yellow paint and fabric lend an upbeat glow to this decades-old bathroom.

The sunny scheme takes its cue from the crisply striped sink skirt. Matching fabric (applied with wallpaper paste) brightens the end wall. Common boards, nailed behind the tub and protected with white paint, play up the cottagelike charm and also support a new storage shelf.

Photograph: Maris/Semel
Design: Martha Harvey
Field editor: Estelle Bond Guralnick

Antique charm, modern punch

► Bathe your old bathroom in bright colors, bold artwork, and golden woods. The dynamic combination turns this bath into a serene hideaway. Vintage touches, like the brass fixtures and antique table turned vanity, play off handsomely against geometric tiles and artwork. A chaise longue and a tub that's mirrored for a sunken effect set a mood of pure indulgence.

Photograph: Maris/Semel. Design: Tom O'Toole
Location: Southampton Designer Showhouse
Field editor: Bonnie Maharam



Up-to-Date Looks



Nice and natural

▲ *Au naturel* pine paneling on the walls and floor give this basic bath its saunalike feeling. The wood "boards" are really 4×8 sheets. Cleverly concealing outdated tile, the warmed-up walls also offer show-off space for art. Beneath the window, a low-slung storage unit puts extra towels within easy reach. Whimsical waves of color, swirled on the claw-foot tub, provide the refreshing contemporary twist.

Photograph: Maris/Semel
Design: Irv Borenstein, ASID
Location: Baltimore Symphony Decorators' Show House. Field editor: Eileen Deymier



Style on a budget

▲ Warm terra-cotta paint, bright strip lighting, and practical plastic shelves chase away the bathroom blahs. Wicker and wood add warming contrast against squeaky-clean white fixtures and trim.

Photograph: Bill Hopkins, Hopkins Associates
Design: Karol Brookhouser

Flash of brilliance

▶ A sculptural sink, bold mirror and lighting, and fabric-covered walls transform a peaked powder room into a one with gutsy character.

Deep hunter-green wool fabric is glued to the wall and stapled at the edges; a colorful Peruvian wall hanging adds a dash of contrast. But why not a little unabashed flash? The foil ceiling and chrome mirror, dramatically flanked by upcast spotlights, provide plenty of electrifying highlights.

Photograph: Jim Hedrich, Hedrich-Blessing
Design: Milton A. Botterill
Field editor: Jessie Walker Associates

Buying information, page 188.

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Now we're not saying that by using Crest your kids will never get a cavity. But, the simple fact of the matter is that every year Crest prevents more kids' cavities than any other toothpaste. And that's a statistic that we're real proud to brag about.

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Dan Kaercher

POWERFUL NEW NONPRESCRIPTION DRUGS

How To Use Them Wisely



You may not have realized it, but there's been a major shift in the way Americans treat hundreds of illnesses. The reason: The U.S. Food and Drug Administration (FDA) has been reclassifying a fast-growing list of prescription medications as appropriate for over-the-counter (OTC) sales.

Many people assume that OTC products are always milder or less effective than prescription drugs. In fact, depending on the ailment, an OTC drug may be just as potent. For example:

- ***Sniffles stoppers.*** The new OTC medications work as well to alleviate common cold symptoms as anything a doctor can prescribe.
- ***Allergy remedies.*** If you're an allergy sufferer, you now can choose from several popular and effective antihistamines without a prescription.
- ***Ibuprofen.*** It's been 25 years since a new nonprescription pain reliever (Tylenol, or acetaminophen) was introduced, so the release of ibuprofen last year was a real milestone.
- ***Hydrocortisone.*** OTC hydrocortisone creams are useful for allergic rashes, eczema, insect bites, mild psoriasis, and poison ivy.
- ***Antifungals.*** Formerly available only by prescription, you can now buy miconazole (Micatin) over the counter.

Tips for smart consumers

It's more important than ever that your family know what OTC medications can and cannot do, and how to use them wisely. Read labels carefully. The graphic at the top of this page indicates where to find required information; the chart on the following page provides further advice. Be especially cautious about using any medication if you are pregnant. Most OTC medications work just as they're supposed to—if you use them as recommended. If you have questions, ask your physician or pharmacist. Here are more tips:

- Use antihistamines for the itchy eyes, runny nose, and sneezing of hay fever. They are much less effective for the stuffy nose of a cold.
- Unlike antihistamines, decongestants do not cause drowsiness. If you're particularly sensitive, decongestants may make you jittery, though.
- Ibuprofen is good for many of the same pains as aspirin and acetaminophen. It's highly recommended for menstrual cramps.
- If aspirin upsets your stomach, ibuprofen might not. But if you are allergic to aspirin or have an ulcer and your doctor has forbidden aspirin, don't use ibuprofen.
- Evidence indicates that combining pain medications can cause kidney problems, so take ibuprofen, acetaminophen, or aspirin singly—not together.
- Remember that hydrocortisone is not intended to treat infections, even though it will soothe the inflammation of an infection.

turn page for chart

—With Mike Oppenheim, M.D.

Photograph: Scott Little

continued

NONPRESCRIPTION DRUGS
HOW TO USE THEM WISELY

TYPE & NAME	CONTAINED IN	USEFUL FOR	CAUTIONS
DECONGESTANTS*		Stuffy nose	Decongestants work better
phenylpropanolamine	Dorcol Ornex Head & Chest Naldecon Triaminic Expectorant	Sinus congestion Stuffy head	for symptoms of colds and other upper respiratory infections than for allergies. May cause nervousness or sleeplessness in
pseudoephedrine	Sudafed Afrinol Neo-Synephrinol		sensitive patients. Drug interactions: Many blood pressure medications and antidepressants
ANTIHISTAMINES		Hay fever symptoms:	Antihistamines work
chlorpheniramine	Chlor-Trimenton Teldrin Coridicin tablets	Runny nose, itchy eyes, watery eyes, sneezing	better for congestion caused by allergies than by upper respiratory infections or colds.
brompheniramine	Dimetane		Often cause drowsiness. Drug interaction: alcohol
ANTIHISTAMINE-DECONGESTANT COMBINATIONS*		Hay fever symptoms: Congestion from colds and upper respiratory infections	May cause either nervousness or drowsiness. Drug interactions: many blood pressure medications and antidepressants; alcohol
pseudoephedrine + tripolidine	Actifed		
pseudoephedrine + dexbrompheniramine	Drixoral		
TOPICAL DECONGESTANTS		Nasal congestion	Regular use results in
oxymetazoline	Afrin Neo-Synephrine 12 hour NTZ Duration 12 hour	Sinus congestion Runny nose	shorter and shorter action and increasing "rebound congestion."
xylometazoline	Otrivin Neo-Synephrine II		
ANTIFUNGAL		Athlete's foot,	Do not use on allergic rashes.
miconazole	Micatin	jock itch, ringworm, other superficial fungal infections	Not effective for nail and scalp infections. Jock itch should respond in 2 weeks; other fungi within 4 weeks.
ANTIINFLAMMATORY CREAMS		Eczema, poison ivy,	Do not use to treat
hydrocortisone	Hytone CaldeCORT Cortaid Lanacort Clinicort Delacort Dermolate	poison oak, insect bites, irritations from chemicals, heat, dryness, allergic rashes and contact dermatitis	fungal and bacterial infections. Symptoms should improve in a week.
PAIN REMEDIES		Headaches, minor	Don't use if you are allergic
ibuprofen	Advil Nuprin	injuries, menstrual cramps, arthritis, fever, backaches	to aspirin or have an ulcer. Drug interactions; blood thinners, diuretics, aspirin, acetaminophen

*Note: People with heart diseases, diabetes, or high blood pressure are advised not to use oral decongestants without consulting their physicians

Go where you've never gone before.



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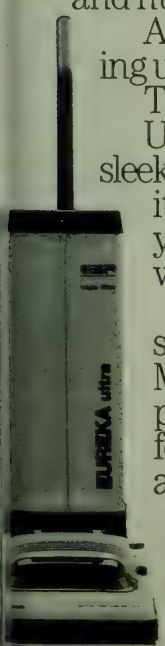
Now you can get the most stubborn dirt that's buried in your carpet.

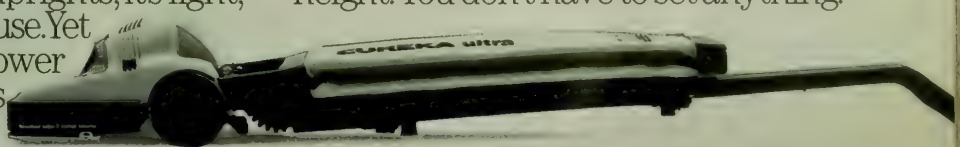
The dirt that's hiding in corners and huddled against baseboards.

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For a demonstration of the cleaner that lets you go where you've never gone before, go to your Eureka dealer.

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Virginia Slims remembers when men made the headlines but women made the news.



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100's: 15 mg "tar," 1.0 mg nicotine—Lights: 8 mg "tar," 0.6 mg nicotine av. per cigarette, FTC Report Mar.'84.

VIRGINIA SLIMS



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Dan Kaercher

40 Ways To Help Your Youngster Achieve In School



How can parents encourage a youngster to study and learn? It's an extremely important question. Psychologists as well as educators caution that just because your child spends time on homework doesn't mean the time is *well* spent.

If you suspect that your youngster isn't giving his best, the problem probably is motivation. If effort is there but results don't follow, he may be lacking study skills. Here are some excellent tips for youngsters from elementary through high school who need help in either area.

Hassle-free homework (well, almost)

1. Teach your child to organize. Breakfast or after dinner is an excellent occasion to discuss what needs to be done during the day or evening ahead. A calendar and prioritized list can make a jumble of assignments seem doable.

2. Find out what time of day your child does his best work, and adjust study time accordingly. Some kids concentrate better in the evening, others first thing in the morning.

3. Don't banish your child to his room to study alone. If he prefers, let him work in the same room with you, while you read a book or do chores.

4. Eliminate distractions whenever possible. Turn off the TV and stereo. Clear away clutter from the desktop, table, or whatever. Encourage your child to work on one assignment at a time.

5. Suggest that your child start on the toughest subject first, while his energy level is high. It's usually more successful than starting with an easy task.

6. Help your child set study goals. Ask him to study until he knows 15 spelling words, for example, or can locate five state capitals on a map. The more specific the goals, the better.

7. It's a big mistake to do your child's homework for him. Take the extra time to explain how *he* can do it instead. That way he'll learn from both successes and mistakes.

It's indisputable: A child's school success depends less on I.Q. than it does on what parents do at home to help a youngster achieve.

Sticking with it

8. Teach your child how to talk to himself positively when concentration lags. Instead of, "I'll never finish this chapter," the thought might be, "Only 10 pages to go—I can make it."

9. Tell your child not to let obstacles become excuses to stop work. If your child gets stuck on a subtraction problem, tell him to skip it for the time being and go on to another problem.

10. Suggest a short (5- to 15-minute) activity break *before* your child tires of studying. Arm-wrestling or a walk outdoors will clear his head and help new learning sink in.

11. Show your child how to divide a big project into smaller, more easily tackled segments. For example, a report on the presidents can be broken down into sections on each president.

12. Encourage your child to respect deadlines—he'll have to cope with them throughout his life. Use rewards (not bribes) when appropriate. If he finishes on time, play a favorite game.

Making the most of reading time

13. Have your youngster preview material before he begins reading in earnest. Notice headings, introductions, summaries, review questions, and charts.

14. Encourage reading in small chunks, then asking questions about what's just been read ("How would my life have been different in frontier times?").

15. Teach your child to use the diagramming technique. Chart the main idea in a passage and supporting details as the hub and spokes of a wheel.

Learning shortcuts

16. Make your child aware of timesaving checks. For example, to catch obvi-

continued

Illustration: Andrea Eberbach

Help your youngster achieve

ous math errors such as misplaced decimal points, round out numbers and estimate the answer. Catch spelling errors by reading words in reverse.

17. Make it easier for your child to remember what he's learned by having him say it, hear it, and/or write it. A lesson can be recited, taped, and played during the night or the next morning. Answers to questions that might be asked can be written out before a test.

18. Teach your child to use memory tricks. Look together for ways to associate the unknown with the known. For instance, the initials of the Great Lakes (Huron, Ontario, Michigan, Erie, and Superior) spell HOMES.

19. In sequential subjects such as math, make sure your child masters one skill before going on to the next. If you see that mastery is weak, give the extra help necessary—before your child fails.

20. Help your child find out how he learns best. For example, sometimes a youngster who can't figure square roots on paper may be able to do it by actually measuring the sides of a table.

21. To avoid last-minute cramming for tests, encourage your youngster to review each day's notes that night. Review again two nights later, and a third time before the test.

Enriching experiences

22. Make it a point to discuss current events at the dinner table. Have a dictionary, globe or atlas, and encyclopedia handy for reference.

23. Develop listening skills at home that can help in the classroom. Here's one way: Have family members close their eyes for two minutes and then describe every sound they heard.

24. While solving puzzles or playing games, show your child how to use mental strategies, such as finding patterns, categorizing, guessing and checking, and making charts.

25. Make your kitchen a learning laboratory. Have your child mentally picture steps in a recipe before doing them. Teach fractions to a young child with measuring spoons and cups, or cut a potato into halves, fourths, and so on.

26. Use the TV as a learning tool. Make TV programs a jumping-off point for further research. If your child enjoys a program on space travel, for instance, suggest a trip to the library to check out books on the topic.

27. Encourage your child's receptiveness to new experiences—it's a proven key to success. Try a novel restaurant, or visit an offbeat museum.

28. Make the most of family travel time. Do crossword puzzles. Play Twenty Questions. Make up stories to be continued by another family member. Count out-of-state license plates.

It's vital that you encourage self-reliance. You won't always be there to exhort or cajole your child into completing assignments—nor would you want to be. Help your child set his own standards. Make them high but still attainable.

Motivation: Do's and don'ts

29. External motivators like genuine praise and constructive criticism are fine, but it's more important to encourage self-motivation. Help your child set *his own* standards—challenging, but not unattainable.

30. Relate school assignments to your child's interests. Suggest that your sports enthusiast do a report on Babe Ruth, your piano player on Chopin.

31. Let little imperfections go. Kids (and adults) who are overly afraid of making errors can't be creative.

32. Encourage activities that build self-esteem. For example, let your drum whiz join the school band even if grades aren't the best (as long as he's giving academics his all).

33. Give tangible recognition for accomplishment. Encourage your child to keep scrapbooks. Tack up drawings and compositions.

34. Applaud successes rather than belaboring failures. Look for improvement instead of zeroing in on the lowest grade on your youngster's report card.

35. Don't interrogate your child about what goes on at school as soon as he walks in the door—he's likely to regard it as an intrusion. Share something about your own day and wait for your youngster to follow suit.

36. Never offer bribes for better performance. Don't give extra allowance for a good report card, or withhold allowance for a poor one. It simply confuses the issue.

37. Don't threaten—the tactic seldom works. "If you don't pass, I'll ground you for a week" puts *you*, rather than your child, in control.

38. Don't take credit for your child's achievements. Instead of "I knew you could do it," say, "I'll bet you surprised yourself."

39. Don't constantly push your child to top his previous achievements. If success brings pressure, your youngster may find it easier to fail.

40. Don't call your child's questions "stupid"—show him how to find answers. People learn by questioning.

For further information

- *Learn How to Study, A Study Skill Program.* Order the book ($10) or four audio tapes ($7 each, $25 for the set) from Richard P. Gallagher, 401 Magee Ave., Philadelphia, PA 19111.
- *Parents' Record of Educational Progress.* Information and progress checklists. Send $11 to Nancy Reckinger, PREP, 8679 Valley Flores Dr., Canoga Park, CA 91304.
- *Understanding and Influencing Student Motivation. Volume I: Assessment. Volume II: Treatment* by Linnus Pecaut. Send $7.95 per volume to Institute for Motivational Development, 2200 S. Main St., Lombard, IL 60148.

—By Ruth Duskin Feldman





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Dan Kaercher

When Your Child Has to Be HOME ALONE

Eight-year-old Andy is home alone after school watching TV when the doorbell rings. He looks through a peephole and sees a man he doesn't recognize. There isn't time to call Mom at work to ask what to do. Should he answer? Shout through the door? Hide?

With far more working mothers and more single-parent families, it's becoming the norm for school-age children to spend much of their weekdays unsupervised at home. Even if your child isn't a "latchkey kid," you've probably experienced the insecurity of having to leave your youngster alone for varying periods while you run an errand or tend to an emergency. What precautions can you take?



No longer does every Johnny and Judy scurry home from school straight into Mom's loving arms. The reality for millions of American youngsters these days is several hours alone with just the TV set for comfort.

Abandonment vs. learning experience

One survey found that some latchkey children become fearful and anxious when left alone with too little preparation or at too young an age (some say 6, some say 10, depending on the child's individual development). But another study discovered that latchkey children can thrive on the experience and benefit from the time they spend alone.

How can you make sure that your child is one of those who grows from the experience? We talked to experts as well as parents and got these tips:

*1. **Key-keeping matters.*** It may sound obvious, but make sure your child has a smooth-working key. Make arrangements with a dependable neighbor to keep a spare. Tell your youngster to keep the key hidden and not to discuss the fact that he'll be home alone.

*2. **Establish trust.*** Draw up a written agreement with your child that specifies what he can or can't do while home alone. Spell out who can visit and who can't, and if he can play outside. Hold your child accountable for the time you are away.

*3. **Encourage self-reliance.*** All children should know the basics about taking care of themselves—making peanut butter sandwiches, using a first-aid kit, operating the dishwasher, and dressing appropriately.

*4. **Safety rules.*** Walk through the escape route from each room. Show your child how to use a fire extinguisher. Have a first-aid kit within easy reach.

*5. **Emergency numbers.*** Clip and post near or on the telephone these numbers: doctor, poison center, fire, police, and your work number, as well as those of a few relatives and/or neighbors.

*6. **The telephone lifeline.*** Make sure children understand that the telephone is not a plaything. Consider adding the "call waiting" option so you can always get through.

*7. **Organize activities.*** Make sure some of the after-school time is put to constructive use—homework, chores, caring for pets, and so forth. Don't let TV become the baby sitter.

*8. **Answering the door.*** Should children answer when a stranger knocks? The traditional response is "No." But parents in Columbia, Maryland, discovered that burglars were breaking into homes when there was no answer. The best solution may be to equip your front door with a child-sized peephole. Then tell your child to respond by saying, "My parents can't come to the door now"—anything but "My parents aren't home."

*9. **Stay organized.*** Granted, it can be difficult, but plan ahead so that those first hectic moments after you arrive home can be as tension-free as possible. Plan ahead for transportation to after-school events.

*10. **Utilize community resources.*** Many schools and Y's have new programs for latchkey children, before and after school. Or see if your area has a "warmline" number children can call after school in case of emergency or just to talk. For more advice, read *The Handbook for Latchkey Children and Their Parents* (Lynette and Thomas Long, Arbor House, $7.95).

Photograph: Hopkins Associates

—With Sally Reed



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A fascinating collection of porcelain collector dolls, each portraying the traditional dress of a different country of the world.

FRANCE
Brigitte

Shown actual size

©DM



UNITED STATES
Abigail

IRELAND
Aileen

SPAIN
Carmen

ITALY
Luisa

Shown smaller than actual size of 8½" in height.

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Each young girl's costume will be individually hand-tailored. As appropriate, costumes will feature elegant embroidery, exquisite lacework, and fascinating fabrics with different weaves, textures and colors. Each doll will be distinctively dressed from head to toe – in a generous eight and one-half inch size. Each young girl will have a personality of her own, which reflects the country she represents.

There's *Brigitte,* of France, attired in traditional dress that features a ruffled bonnet, lovely pinafore and a dress with elegant lacework. *Carmen,* of Spain, will wear a bright red dress with ruffled flounces as well as a matching *serape.*

Suisan, of Scotland, will be clad in a traditional tartan kilt and Highland hat. *Abigail,* of the United States, will be dressed in the Colonial style: a bright red bonnet with matching apron, and a flowered dress which she would probably have sewn herself.

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Address _____

City/State/Zip _____

☐ Check here if you want each doll charged to your:
☐ VISA ☐ MasterCard

_____
Credit Card No. Expiration Date

Signature _____

Allow 8 to 12 weeks after payment for initial shipment.

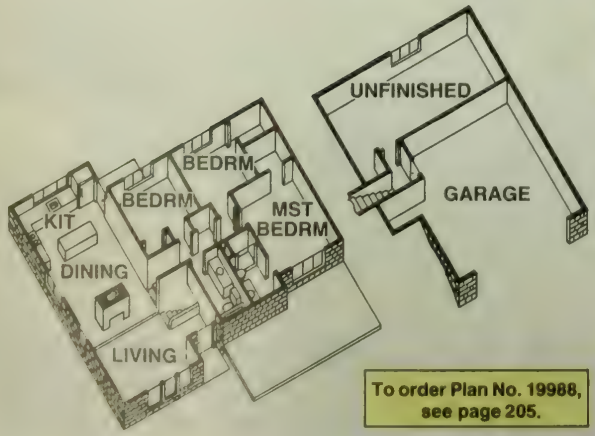
THE RIGHT STYLE, SIZE, AND PRICE

By William L. Nolan

Extra style and livability—that's what your money buys when you purchase a new home these days. Today's modest-size housing is loaded with features you'd expect to find in homes two or three times bigger. Here are three outstanding examples.



An Expandable Split-Level



To order Plan No. 19988, see page 205.



▲ ▶ Exciting interior spaces
Free-flowing space and a vaulted ceiling add visual excitement on the main floor of this 1,519-square-foot home. Angled glass windows in the sitting area dramatize the vaulted ceiling and frame treetop views. A freestanding fireplace on the opposite side of the room doubles as a room divider, channeling traffic to the dining area and the kitchen.

◀ Bold exterior styling
The lines are clean but the shape is boldly sculptured. A dramatic arch near the roof's peak frames the deeply recessed entry, and an upward-angling window wall follows the roofline.



▲ Spacious kitchen/dining area
An island work center separates the kitchen and the dining area. Upper cabinets line one outside wall, freeing the other for a wide window above the sink.

◀ Extra space when you need it
The plan combines open spaces with split-level zoning. The lower level and one of the bedrooms on the upper level can be left unfinished until you need extra space. The cost to build this house in Belleview, Washington, is approximately $61,900, excluding lot.

Photographs: Ed Hershberger. Builder: Swanson-Dean Corporation
Interior design: Jo Krueger Interior Design Inc. Source: Mary Ann Olson



A Passive Solar Ranch

Overhanging eaves, an attached garage, and a broad clerestory make this 1,120-square-foot house seem much larger. Its ground-hugging profile and south-facing windows are part of the energy-efficient design. Earth berms on three sides team up with an airlock entry and superinsulation to help hold in solar warmth collected through the windows. The pressure-treated wood foundation rests on a bed of gravel that stores the warmth until it's needed. This house cost only $45,000 (excluding lot) in Flint, Michigan.





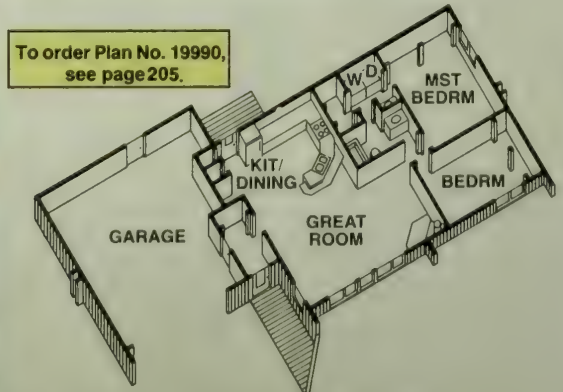


▲ Bright and roomy work area
An angled peninsula separates the work area from the rest of the main room. Most of the storage units cluster along the walls, allowing the cook a full view of the sitting area. Track lights on the vaulted ceiling supplement daylighting from the clerestory windows.

▶ High-style energy savers
Three operable windows perched high above the L-shaped main room scoop in winter sunshine and summer breezes. Deep beams supporting the vaulted ceiling create a strong sense of shelter while making room for extra layers of insulation beneath the roofing. The wood stove in the far corner provides backup heat for solar gain entering through the front windows.

▼ Efficient use of space
The compact plan makes every inch count. Hall space is minimal, and the laundry tucks into an alcove in the compartmented bath. The airlock serves as a formal entry and provides interior access to the garage.

To order Plan No. 19990, see page 205.

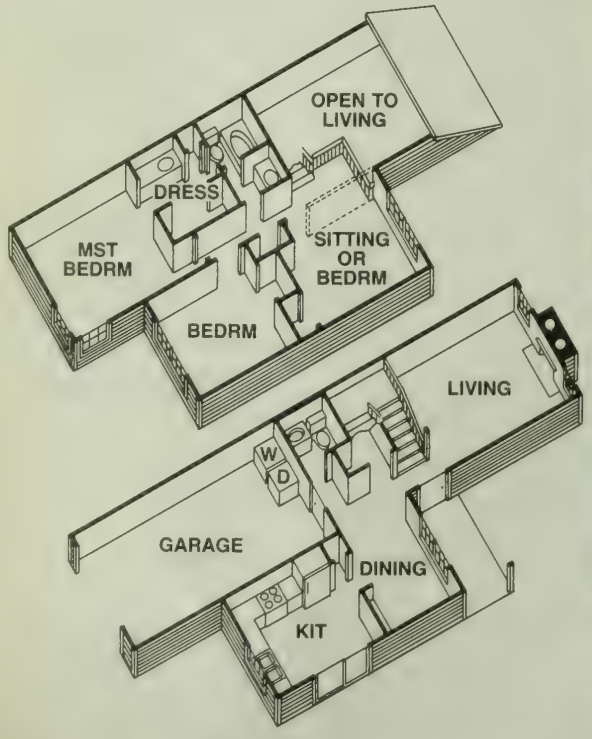


Photographs: Bill Hedrich, Hedrich-Blessing. Builder: Future Homes, Inc.
Field editor: Emily Kamatos

A Country-Comfy Two-Story

Jogs, gables, and a tall chimney lend old-fashioned charm and country informality to this two-story design. The elongated 1,243-square-foot plan fits comfortably on a narrow city lot. This house (excluding lot) cost approximately $45,000 in Dallas, Texas.





▲ Functional room arrangement
The main rooms on both levels are arranged for easy access. Downstairs, the garage and the living, dining, and powder rooms open to a central hall. Upstairs, a sitting area and two bedrooms cluster around the bath. The sitting area can be converted to a third bedroom.



▲ ▶ Warm, charming front room
The living room offers visitors a charming view of the fireplace from the entry hall. This area occupies a wing of its own, simplifying furniture arrangement and creating an oasis of quiet at the front of the house. A vaulted ceiling, big windows, and a large mirror above the mantel make the room seem extra spacious. Opposite the fireplace is a dramatic switchback staircase linking the main living space with a loft-style sitting area on the second floor.

Buying information, page 188.

Photographs: John Rogers. Builder: Omni Homes. Interior design: Kathy Dickinson
Architect: David Klages and Associates Inc. Field editor: Linda Magazzine



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HOME BUYING & SELLING

Are you about to purchase your first home? Or are you interested in a larger, more luxurious home to meet the needs of a growing family? Or perhaps you're an empty nester, ready to re-locate in a smaller house with an easy-maintenance exterior and yard. No matter your stage in life, you'll find the information presented in this special section helpful in making those tough decisions.

HOME BUYING

How to Choose the Right Neighborhood

The three most important factors you need to consider when deciding to buy one house over another are location, location, and location. Unlike a leaky roof or a poorly landscaped yard, location can't be altered after you purchase the property. Here are some basic considerations to explore before you buy.

ZONING AND BUILDING REGULATIONS

Good residential communities should be zoned to keep out commercial and industrial sites. Some communities also may prohibit home businesses, street parking, or storage of boats or other recreational vehicles in yards.

COMPATIBLE SURROUNDINGS

The value of any house depends on the neighborhood, so it pays to look closely at nearby properties. Your best bet is to surround yourself with similar-type residences of equal or higher value. Easy-to-spot signs of residential deterioration include rundown homes, cluttered yards, a large number of "for sale" signs, and many small businesses alongside private homes.

AMPLE COMMUNITY SERVICES

In good neighborhoods, utilities will be readily available at reasonable rates. Police and fire departments will be close enough to reach your home quickly in case of an emergency. The flow of traffic will be well-controlled so children may play safely. If you plan on using public transportation, buses, subways, or trains should be accessible and run on regular schedules.

You'll also want to check the proximity of emergency medical services, shopping areas, and churches. Recreational facilities, cultural attractions, and day-care centers also may be important to your family; if so, make sure they are within a reasonable distance. Another consideration: Is the neighborhood close to airports, railroad tracks, or major highways?

GOOD SCHOOLS

If you have school-age children, your neighborhood's educational opportunities deserve careful evaluation. Compare how much the school district spends on each student and pays its teachers against the national average. Ask about class sizes, and how standardized achievement test scores rank with those across the country.

PROPERTY TAXES

Ask local government sources about current tax rates on houses in the neighborhood that interest you. Make sure you find out if taxes automatically increase when a new owner comes in, or if homes will be reassessed soon. It's also important to learn how tax money is used. If you're using a real estate agent, he or she can help sort out these many details and simplify the answering process. Typically, schools, roads, water and sewage systems, police and fire protection, garbage collection, and snow disposal are funded by local taxes. Look for the right balance: taxes high enough to guarantee the services you want, low enough to fit your budget.

Written with Jamie Laughridge

HOME BUYING

What to Look for In Kitchen Appliances

Many homes are purchased on the merit of their kitchens. That's reason enough for those contemplating buying or selling a home to learn more about the mainstays of the kitchen—the cooking and cooling appliances. If you're evaluating a home on the market, look carefully at the appliances already in place. Find out which are included in the purchase price, and which are not. As a general rule, those connected to the structure of the house (a built-in cooktop, for instance) are considered part of the house.

OVENS, COOKTOPS, AND RANGES

Ranges, cooktops, microwave ovens, and conventional ovens are available in a number of configurations, each well-suited to different kitchen designs.

Freestanding ranges are self-contained units that rest on the floor, with burners or electric elements on top and an oven below. Normally they are 30 inches wide, with a cooking surface positioned at the standard 36-inch countertop height.

Over/under double-oven ranges, also called high-low ranges, combine a cooking surface and two ovens—one above and one below the burners.

Slide-in ranges are simply freestanding ranges without side panels; the unit fits snugly between two base cabinets so the range appears to be built-in.

Permanently installed ovens, ranges, and cooktops offer another configuration choice. Built-in ovens free cabinet space by hiding in a wall, while built-in cooktops—usually with two to six burners or elements—fit right into the counter.

A *drop-in or built-in range* has surface elements and a bottom conventional oven, which normally rests on a wooden base. Usually 30 inches wide, drop-ins are perfect for kitchen islands since they have no backsplash to interrupt the surface.

Microwave ovens use high-frequency radio waves to cook food directly without heating the surrounding air. They may be portable, built-in, or part of a free-standing range. Features to look for include a push-to-start control, a secure door lock, an indicator light, and an end-of-cycle signal. Extra microwave features you may want to consider include a browning element, a temperature probe or a memory feature that lets you program in a series of cooking times.

Convection ovens have a blower that forces heated air around the food. This means that food can cook quicker and at lower temperatures than in conventional ovens. The convection method is especially good for browning baked goods and searing meats quickly.

Glass ceramic cooktops provide an energy-efficient, easy-to-clean alternative to standard electric burners. *Magnetic induction cooktops* have similar advantages, but they work only with iron or steel utensils.

Combination ovens—those offering microwave plus conventional ovens or microwave and convection or conventional cooking capability in the same space—are increasingly popular.

OPTION SHOPPING

Think about your family's eating and entertaining routine to determine the best cooking appliance features for you.

- **Self-cleaning ovens** have a high-temperature cleaning cycle that "burns" spills into a fine ash you can sponge off.
- **Continuous cleaning ovens** have interior surfaces that dissolve most soil during baking.
- **Built-in barbecues,** griddles, cutting boards, and exhaust fans.
- **Interchangeable surface cartridges** such as grills, smooth top cooking surfaces, standard electric units, rotisseries, shish kabobs skewers, and French fryers.
- **Delay cook-hold oven controls** you can set to begin cooking at predetermined times.
- **Decorator appliance colors.**

REFRIGERATORS

A refrigerator should be big enough to meet your family's food storage needs, but not so large that it becomes too costly to operate. A good rule of thumb is to buy 12 cubic feet of total storage space for the first two members of your family, adding two more cubic feet for each additional person.

Find the right style

The type of refrigerator you need depends on your storage requirements, budget, and space constraints.

- **Single-door refrigerator.** Gain access to the freezer compartment and refrigerator through the same door. Usually economical to buy and operate, but must be defrosted by hand. Freezer temperature may not be low enough for long-term storage.
- **Two-door refrigerator.** Separate doors for refrigerator and freezer compartments. Freezer is fine for long-term storage; many are totally frost-free.
- **Side-by-side refrigerator.** Two or three doors open out to expose storage areas. Food is easy to reach, but shelves are narrow, making it difficult to store bulky items.

Features to consider

Automatic ice makers ensure that you'll always have plenty of ice on hand. (If you're installing a refrigerator with this feature, remember that you need a run of plumbing nearby.) Some have ice cube and beverage dispensers on the outside.

Separate controls may be offered to keep vegetable bins, meat keepers, or fast-cooling compartments at the right temperature.

Decorator door panels allow you to coordinate your refrigerator with the rest of your kitchen.

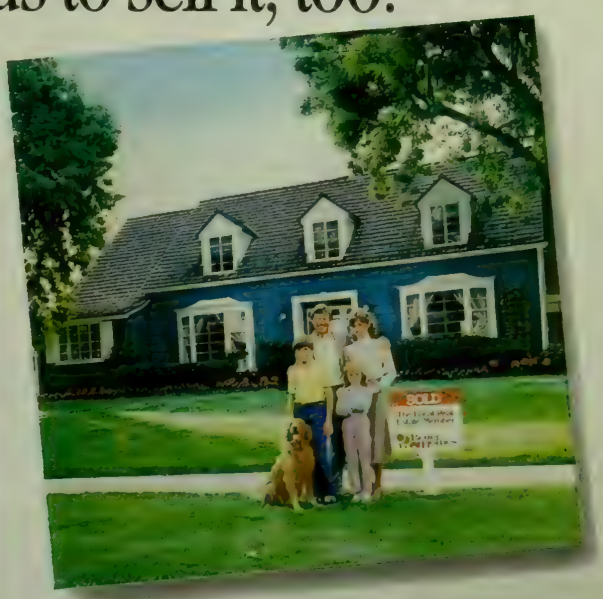
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HOME BUYING

House Styles and How They Work

Some families have their hearts set on a two-story colonial; others crave a clean-lined contemporary. It's all a matter of taste, budget, and individual requirements. Listed here are seven of the major house styles currently popular with home buyers. Learn how to recognize them by their exterior styling and floor plans, and discover the features that give each its individual appeal.



STRETCH OUT IN A RANCH

In many areas, the ranch house—a low-slung, one-story design—boasts top popularity. This style usually has a low-pitched roof, and conveys a feeling of spaciousness. You'll sometimes hear it called a western house. Ranch houses appeal to growing families with young kids, as well as to older couples whose children are gone. Both groups like the fact that there are no stairs to climb, and plenty of room to ramble about. Another plus: The one-story style makes outdoor maintenance easier. If you build a ranch, prepare for higher construction charges than with other designs. If you can handle the added expense, you may love one-level living.

FIND CHARM IN A COLONIAL



These structures trace their roots to America's colonial period, an era when homes with this simple design could be found across New England. Look for the main entrance right in the middle of the house, balanced by windows on each side. Other clues that tell you a house is colonial are a steeply pitched roof, narrowly exposed siding, and little overhang. Most commonly, the houses have two stories. The steep pitch may make some exterior maintenance chores difficult. On the plus side, these homes offer good separation of living and sleeping zones, and are usually efficient to heat or cool.

SIZE UP A SPLIT-ENTRY



If you're in need of extra space at minimal cost, check out this relatively new architectural style. A bilevel design that sits low to the ground, the split entry is an economical choice for family living. When you enter a split-entry, it's just a few steps up to the kitchen, living, and sleeping areas, or a few steps down to the storage, and recreational areas.

GO CREATIVE WITH A CONTEMPORARY



Contemporary styles run the gamut from one-story, flat-roofed structures to multistory homes with gabled or multidirectional shed roofs. Still, a keynote of their layout and design is simplicity, the better to showcase clean lines and modern materials, like concrete. "Form follows function" often dictates the design, so not surprisingly, these homes are practical and conveniently laid out.



MAKE YOURS MEDITERRANEAN

Choose a Mediterranean-style house, and you'll have a home rich with Spanish-inspired decorative details. Customary features include white stucco walls, red tile roofs, arched doorways or windows, carved doors, and an asymmetrical facade. These homes generally have low-pitched roofs with little or no overhang. If you're thinking about buying this style, check the condition of the roof tiles carefully. They may be made of clay or light composition materials.



EXPERIENCE TRI-LEVEL LIVING

Also called split-levels, these houses offer three levels of space. Typically, the lower level houses the basement, service areas, and family room; the main level contains space for living, cooking, and eating; and the upper level provides a place to sleep. Since it goes up, not out, it's the perfect design for a small lot. Many multilevel homes are built with two levels below the grade, to make best use of natural insulation. They are particularly well-suited to sloping sites.

SETTLE INTO A SALTBOX



The saltbox is really a variation on the colonial theme. It's distinguished by the lean-to addition on its back wall. Like the original design, its main entrance is centered and flanked by equal numbers of multipaned, double-hung windows. Trim and decorative details are minimal. Saltboxes generally have narrow siding, and many have large, centered chimneys.

Illustrations: Chris Greco

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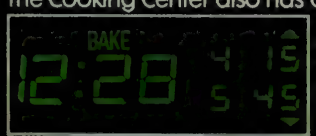
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HOME SELLING

Go It Alone or Hire a Broker?

If you've got thick skin, spare time, and sales savvy, and you live in a market where homes are selling well, you may be a candidate to sell your own home. But if you're lacking any of these qualifications, sign up with a real estate broker.

ON YOUR OWN

Let's say you feel confident that you can sell your home at a fair price without bringing in a broker. You know it's going to take some work, but you feel the savings in commission (usually 6 to 7 percent of the selling price) will justify your efforts. Before you go solo, ask yourself a few questions. Are you highly motivated? Do you have a schedule that leaves you free to field phone calls and show the house? Are you a good salesperson—comfortable with bargaining and negotiating?

People often underestimate the work involved in selling a house. You must be willing to research selling prices of comparable homes in the neighborhood, figure out a fair price, familiarize yourself with various complex financing options, plan and execute an advertising campaign, and deal with the public. Even if you think you're up to the challenge, it's a good idea to set a time limit on your efforts. If you haven't sold your home after four to six weeks, you'd be wise to pass the assignment on to a broker.

WORKING WITH A BROKER

Most people are happy to pay for the skill and service of a real estate professional to relieve themselves of the strain and time burden they would assume if they took responsibility for selling their home. But if the expense of the commission still concerns you, it's important to realize that a broker may actually save you money in the long run. The firm may well be able to get you a better price for your home, and sell the property more quickly. And don't forget to add up the money you'd spend for signs, a comparative home market analysis, and advertising, which the broker would normally absorb. A good broker will compile essential information about the house, help set a price, advertise it, arrange showings, qualify buyers, and set up the closing transactions. The broker already has contacts and resources in the community, and knows what's happening in the local housing market. This means that the firm will be able to line up potential buyers more quickly than you could. And, many prospects are more comfortable dealing with a broker than with the homeowner.

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HOME BUYING

What to Look for Before You Buy

A careful inspection of both the exterior and interior of any house you're considering is essential before you make an offer. You'll probably make the initial check yourself. But in most cases, it pays to have your assessment checked by a pro.

GROUNDS, YARD, AND LANDSCAPING

Make sure that large trees are healthy, well-trimmed, and no closer than 30 feet to the house. Nearer ones can clog gutters with leaves, and may be dangerous in storms. In a new home, find out if the builder plans to establish the lawn.

OUTDOOR LIGHTING AND ELECTRICAL SERVICE

Look for weatherproof outdoor convenience outlets with Ground Fault Current Interrupters (GFIs) to prevent shock in case of electrical equipment failure. There should be enough outdoor lighting to illuminate entrances, walkways, parking areas, and patios.

DRIVEWAY, SIDEWALKS, PATIOS

If the driveway surface is concrete, water should drain away from it, not pool up. Cracking, crumbling, or tilting of the surface can be a sign that the area is settling. Damaged paving stones or bricks not set in concrete can generally be repaired easily.

CARPORT OR GARAGE

Be sure the siding and roof are in good condition. Doors should open and close smoothly, and be equipped with locks. Plusses include good lighting, ample electrical outlets, and an automatic door opener.

SEWAGE SYSTEM AND/OR SEPTIC TANK

If there is a septic tank, examine the ground near it carefully. Thick grass around the leaching area can mean poor absorption.

HOUSE EXTERIOR

- ***Siding***

In frame houses, the siding should be free of splits, loose nails, and any nail pops. Metal siding should have no dents, worn spots, or discoloration. There should be flashing where siding and another exterior surface join. Check for mildew or signs of decay near the lower edges of the siding or butt joints.

- ***Masonry walls and joints***

Missing mortar and cracks in the mortar joints should be minimal, as should stains. Efflorescence—a crusty, whitish deposit of salts—usually can be removed with a solution containing hydrochloric acid.

- ***Stucco and lath backing***

If stucco is well bonded to its supporting surface, you probably can repair cracks easily. If the lath has pulled away from the building, the whole wall may have to be stripped and receive new stucco.

- ***Foundation walls***

Some tiny cracks are to be expected, but those more than ¼ inch wide may indicate serious damage. Basement windows should open and close easily, and be equipped with screens, locks, and storm sashes.

- ***Presence of insects***

Sawdust may be a sign of carpenter ants or carpenter bees; a white powder may mean powder-post beetles are nearby.

- ***Windows***

Frames should be square, sills and trims should be painted, and sills should show no signs of termite damage. Look for weather stripping around windows, and a solid and unbroken line of putty around window panels. Storm windows are excellent energy-savers. Metal ones may be preferable to wood, since they can remain in place year-round. Double- or triple-glazed windows are good investments.

- ***Outside doors***

Check to see if they are square. For better security and insulation, make sure doors are solid, not hollow core. Slightly raised sills will help prevent water damage. Doors should fit snugly, with weather stripping between the door and frame, and caulking filling cracks between frame and siding.

- ***Gutters and downspouts***

Gutters should not sag, or show signs of rusting or peeling paint. Joints between each section should close, without leaks. Downspouts should point away from the house.

- ***Roof***

In older houses, a sagging or leaning roof may mean that the foundation has settled. If you note this condition, examine the foundation walls in the basement for large cracks. Use binoculars to check the roof for worn, loose, or missing shingles. With asphalt shingles, a lack of granules on the surface means the roof is worn. Slate shingles should not be chipped or discolored.

- ***Chimney***

A chimney in good condition will be plumb, with tight flashing and solid, undamaged brick. You also should see if the chimney has a flue liner. Those that don't can be fire hazards.

HOUSE INTERIOR

- ***Basement***

Large vertical wall cracks may mean a sinking foundation, but in a new house, small horizontal cracks or slight bulging walls aren't necessarily serious problems. If the house is new, get a written guarantee of structural soundness from the builder. The floor should slope slightly but not severely. Don't worry about small floor cracks, but large ones may have to be cut out and repaired.

Look for signs of dampness or flooding: telltale rust stains around the furnace, watermarks on the wall, peeling paint, mildew. If the walls and band joists have been insulated, heating the

continued

Look Before You Buy

basement will be easier. If the ceiling is insulated—preferably with up to 12 inches of fiberglass insulation–energy costs will be reduced throughout the house.

● ***Crawl space***

This area should be readily accessible, and deep enough for inspecting under the entire house. The floor should be covered with a vapor barrier to keep out moisture. Check for ample ventilation (screen vents) and insulation.

● ***Beams and joists***

To check for decay, jab the beams and joists with a knife or ice pick where they make contact with the concrete, and see if the wood breaks easily. Large cracks or splits also can mean trouble.

● ***Presence of termites***

Ask the owner if you can see the certificate of the last inspection. To check for infestation, look for mud termite tubes under porches and stoops, on the outside of the foundation, on the ends of joists resting on walls, and on windowsills near the ground.

● ***Attic***

It should be structurally sound and well ventilated. Make sure insulation does not block vents, and that exhaust fans duct to the outside. The flashing around the plumbing stack vent should be tight. Adequate insulation is the key. Knee walls or rafters also should be insulated. Water stains on the sheathing or points of daylight through the roof may indicate there are leaks or rotting wood nearby. Examine rafters and roof sheathing for signs of dry rot, mold, or decay.

INTERIOR SPACES

● ***Floors***

If you place a marble in the middle of a hard-surfaced floor and it rolls away unaided, the floor is not level. Test for sturdiness by jumping in the center of the room; excessive springiness may indicate sagging beams and joists. Check for worn areas of flooring, particularly in high traffic areas.

● ***Walls and ceilings***

Don't expect walls to be crack-free, but do be wary if cracks are large or extremely numerous. If you can see the joints between drywall panels, it's an indication of substandard work. Water stains on walls or ceilings may be due to a leaky roof. The walls should be well insulated; if you're looking at an older home without insulated walls, get estimates on remedying the situation.

● ***Inside doors***

They should open and close easily, without sticking or rubbing. Make sure openings are large enough for your furniture to pass through. Pay special attention to sliding or bifold doors.

● ***Inside windows***

They should open and close with ease, have unbroken panes, and be tightly sealed. Frames, levers and cranks, runners, and locks also should be in good condition.

● ***Fireplace***

All bricks and stonework should be in good shape, and the damper should open and shut freely. See that the flue is unobstructed and not shared with other household appliances. The height of the chimney should be 2 feet above the roof and nearby trees to prevent downdraft problems.

● ***Bathrooms***

All fixtures should be in good shape, without chips, stains, marks, or rough spots. Check for leaky faucets or drains, and make sure tubs and sinks fill quickly and empty rapidly, without gurgling. To test water pressure, turn on all the faucets and flush the toilet simultaneously. The flow of water should remain steady.

● ***Kitchen***

Find out which appliances come with the house, and make sure that they work properly. If appliances are not included, make sure the ones you plan to install will fit the spaces provided. Examine the condition of the sink and the pipes below it. Check that there are enough circuits, adequate lighting, and ample counter and cabinet space.

HOUSEHOLD SYSTEMS

● ***Electrical system***

You must have enough electricity to power your home. One hundred amps is a minimum; you'll need 200–300 if you use electric heat. Every house should have 220-volt service, and adequate wiring. An expert can tell you if the proper-gauge wire is serving each room. It's also important to have enough outlets and switches, conveniently placed.

● ***Plumbing system***

Look closely at the condition of the pipes. Copper and brass pipes are best, but you may find ones of galvanized steel, iron, or plastic. New sections of pipe may signal that other replacements will soon be needed. Good systems have more than one shutoff valve. Clean-out plugs should be conveniently located. The water heater should have an ample capacity and a good recovery rate; it should operate without banging or rattling noises.

● ***Heating system***

If the furnace uses gas, watch out for clogged burners. In oil furnaces, the fittings and tank should be in good condition, with no soot around registers. The key to hot water or steam systems is the boiler; make sure it's quiet and that the controls work properly. In electric systems, check the blower. The age and physical appearance of any heating system helps you gauge its worth.

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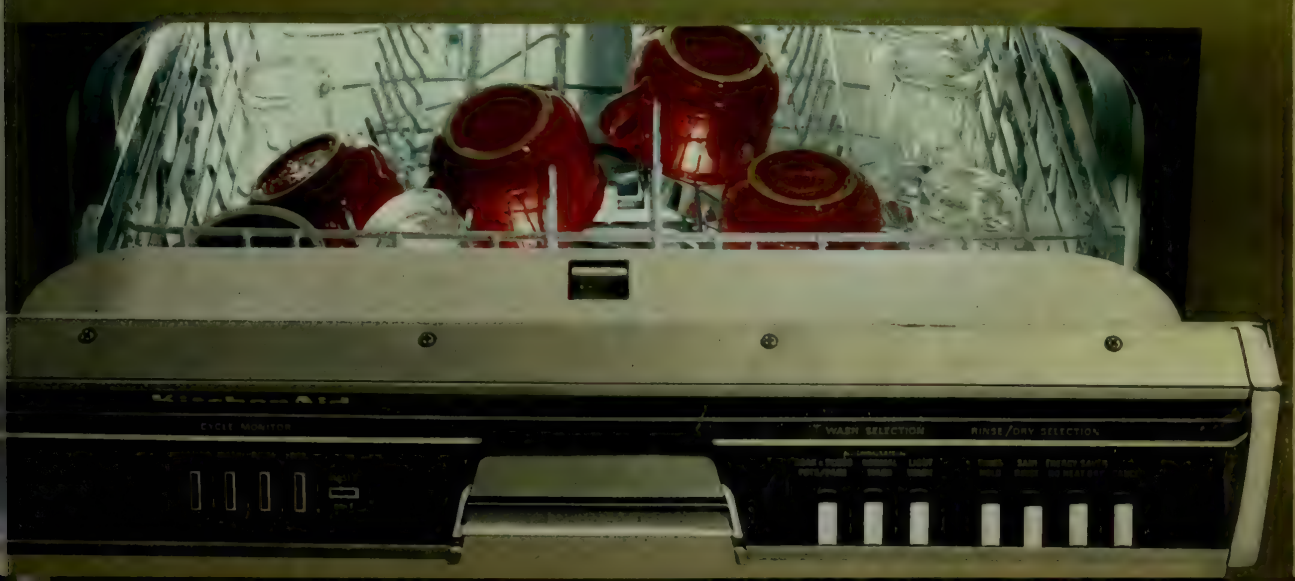


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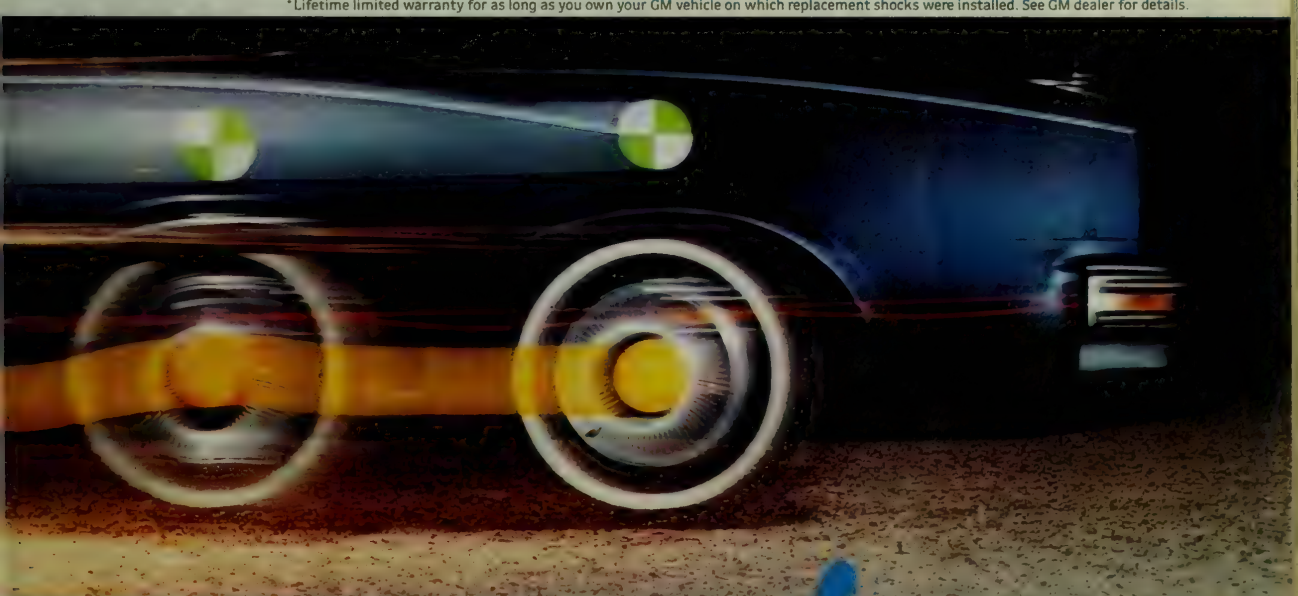
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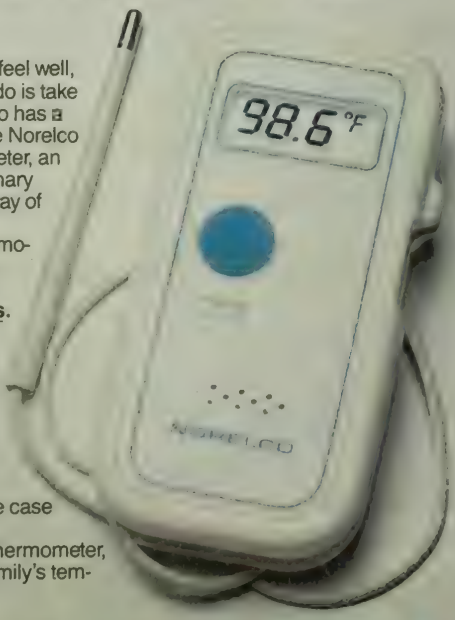
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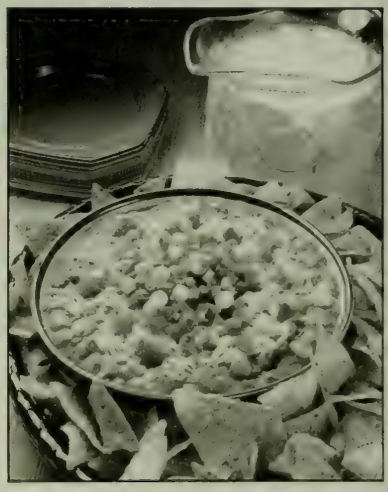
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MICROWAVE

Hot-Stuff Chip Dip



For a spontaneous evening of family fun, prepare this nibble with the aid of your microwave oven. Serve the bowl of beans and cheese hot, and cool the snacking with lemonade.

TEX-MEX DIP

- **1 tablespoon butter *or* margarine**
- **¼ cup sliced green onions**
- **1 16-ounce can refried beans**
- **1 16-ounce can yellow hominy, drained**
- **1 cup shredded Monterey Jack cheese with jalapeños**
- **⅓ cup beer**
- **½ of a 1¼-ounce envelope taco seasoning mix**
- **1 tomato, seeded and chopped**
- **Tortilla chips *or* broken tostada shells**

In a 1½-quart micro-safe casserole melt butter on 100% power (HIGH) 30 to 45 seconds. Add onion. Micro-cook, uncovered, 2 minutes. Stir in beans, hominy, *½ cup* cheese, beer, and seasoning mix. Micro-cook, covered, 5 minutes, stirring twice. Stir in *half* of the tomato. Top mixture with remaining cheese, tomato, and additional onion. Serve with chips. Makes 5 cups.

Note: If desired, cover and chill half of the mixture (before adding tomato) for another use. Reheat, uncovered, on 100% power (HIGH) 3 to 4 minutes.

Photograph: Scott Little

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TOASTED ALMOND TRUFFLES

½ cup *undiluted* CARNATION® Evaporated Milk	One 11½ oz. pkg. (2 cups) NESTLE® Milk Chocolate Morsels
¼ cup sugar	½ to 1 teaspoon almond extract
	1 cup finely chopped almonds, toasted

Combine evaporated milk and sugar in small heavy-gauge saucepan. Cook over medium heat until mixture comes to a full rolling boil. Boil 3 minutes; stir constantly. Remove from heat. Stir in morsels and almond extract until morsels melt and mixture is smooth. Chill 45 minutes. Shape into 1-inch balls. Roll in almonds. Chill until ready to serve. Makes about 2½ dozen truffles.

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Heat oven to 350°F. Lightly grease cookie sheet. Unroll loaf to form a sheet of dough. Combine cinnamon and sugar; sprinkle over dough to within ½ inch of edges. Top with raisins. Roll up starting at end without slits. **Firmly** press seam to seal. Place slit-side up on prepared cookie sheet.

Bake at 350°F. for 25 to 35 minutes or until golden brown. Cool slightly. In small bowl, combine glaze ingredients. Drizzle over warm loaf. 4 to 6 servings

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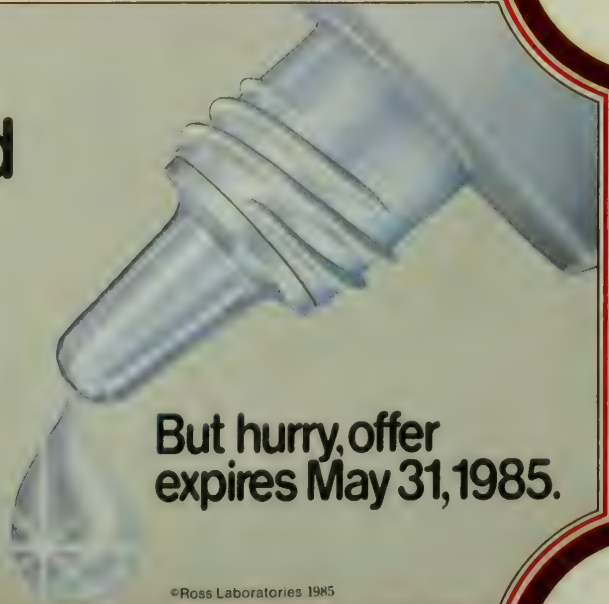
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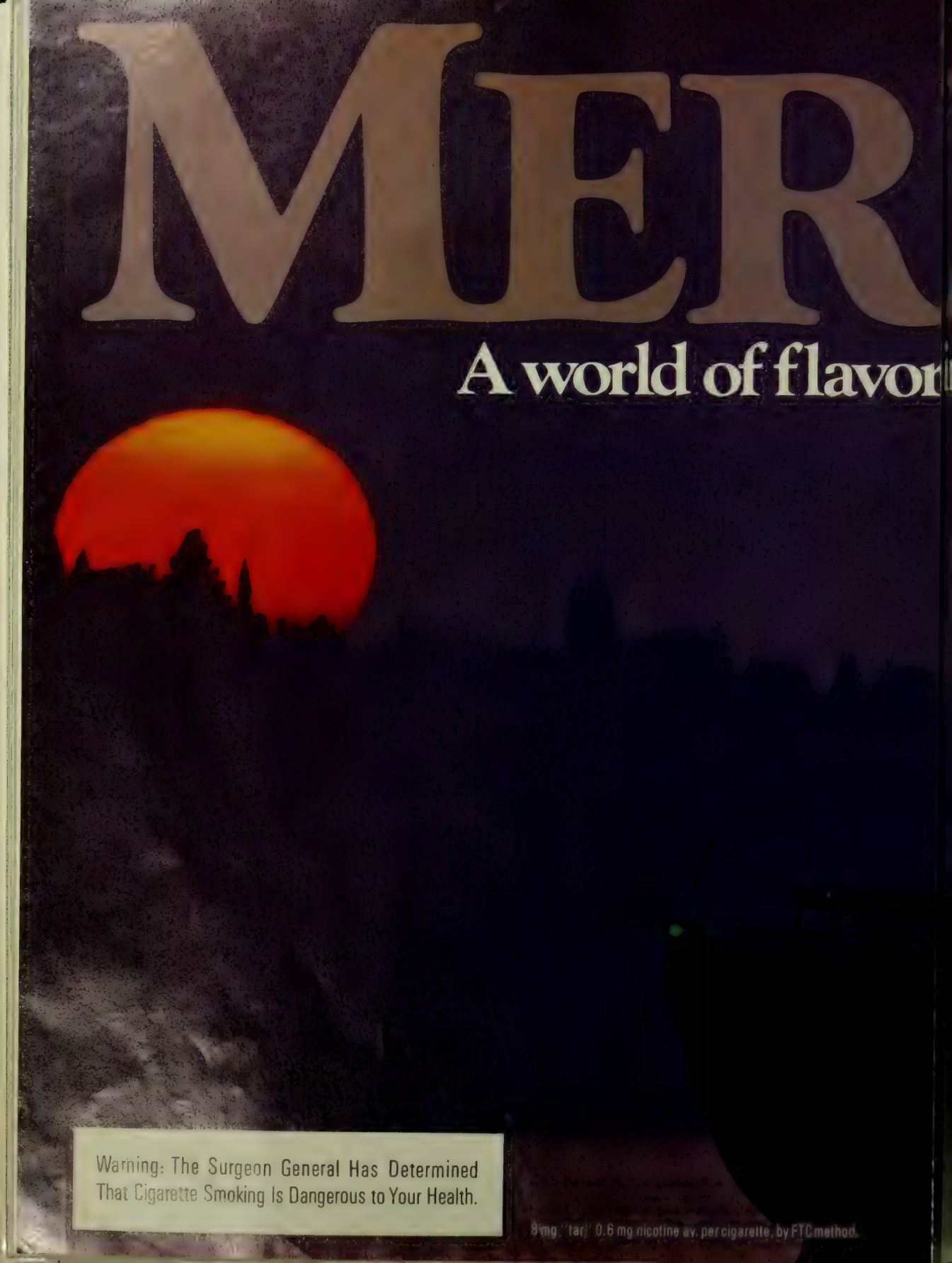
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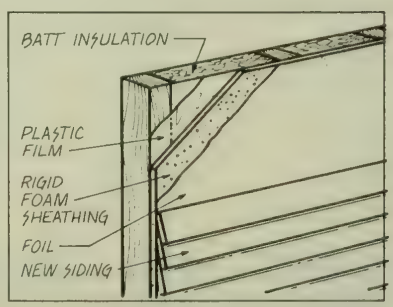
BUILDING TIPS

New Siding Options for Your Home

Those hefty fuel bills you've been paying this winter may be your house's way of telling you that it needs re-siding. Sprucing up the exterior and cutting down on maintenance chores are just two reasons to add new siding; you also can reduce monthly heating and cooling costs and make your house more livable year-round. Here are some pointers to keep in mind about siding as you begin planning this year's home improvement projects.

Types of siding

Today's choices in siding include vinyl, metal (aluminum or steel), natural wood, or wood products. The right type for your house depends on your personal preference and the climate in which you live. For example, you may like the natural look of wood siding, but metal siding may be your best choice if you live in an extremely dry or humid climate. Vinyl and metal types are virtually maintenance free, but their finishes are permanent, so there's no opportunity to change the color of your house until you re-side again.



Types of underlayment

The type of underlayment you choose can be as important as the siding itself. For best results, pick an underlayment that will:

- Reduce air infiltration
- Resist moisture damage
- Hold in heat or coolness (while allowing indoor moisture vapor to pass through to the outdoors)
- Provide a smooth, level surface for applying the new siding

If you plan to strip off the old siding before nailing up the new, tighten up your house by wrapping it with an infiltration barrier and a layer of insulating sheathing. An infiltration barrier is a layer of plastic sheeting that seals out drafts while allowing moisture to escape harmlessly through the sheathing and siding (air infiltration can account for as much as 30 percent of your home's heat loss). Insulating sheathing consists of 2×8 or 4×8 panels of rigid foam, ½ to 1 inch thick, nailed directly to the studs or over the existing sheathing. Some types of insulating sheathing are faced with aluminum foil, which deflects heat radiation from outdoors in summer and indoors in winter.

Illustration: Tom Rosborough

What's this woman doing?

Several years ago, I was a teacher in Akron, Ohio. One evening my wife and I were visiting a group of faculty friends. One of them began discussing a very simple small business that a person can start at home — a "home money project", as he called it. But when he told me how much money it brought in, I almost dropped my coffee cup on my lap.

My wife and I discussed the project as we were driving home. We decided to try it.

The project kept us busy about 8-9 hours each week. We used our dining room as an office and kept supplies in one corner of our hall closet.

At first our income was small — $75 to $95 per week. But, as the months passed, our "kitchen table" income climbed to over $680 per week.

Let me emphasize one thing. This is very important. Our "money project" is moral, honest and downright enjoyable. And, it's 100% your own. It doesn't involve working for anyone else.

I explained the project to my mother in Akron, Ohio. She was 71 years old and lived by herself in an apartment on West Market Street. Within the first 90 days she made over $3,000. All by herself!

As our curiosity grew, we discovered a variety of other people making money but with somewhat different projects...

I talked with an Iowa housewife who's been earning thousands of dollars for over six years. She uses one bay of her garage as a work area.

- She makes up to $200 per week in her spare time.
- She provides a needed service to her community.
- She works exclusively at home... using a card table. She doesn't need a special office of any kind.
- She works for no one else. There is no selling involved. Most of her clients call her at home. In fact, she installed a phone in the garage.
- Her service is so simple that almost anyone with a flair for crafts could start the same business in their own neighborhood within 20 days. The photo above shows her busy with one of her craft projects *(full details on page 88).*

OVER $35,000 PER YEAR

Two New Jersey housewives I spoke with started a similar project two years ago. Both of them have young children at home and households to run — in addition to their home-based business. Currently, their part-time project is bringing in over $35,000 a year.

A California couple using the same project we used made $14,870 in just five months.

Obviously, this is exceptional income. What you make will be up to you. But the income potential from some of these projects can be staggering. A husband and wife team I spoke with started a money project similar to ours. Last year, operating full time, they earned over $108,000 — all at home on their farm in western Wisconsin.



TRY THIS TEST

1. When your Guide arrives, select one project. Read the directions carefully. Remember to begin slowly.
2. Try it for six months.
3. At the end of this trial period, examine your income. If you're not satisfied with the results, return the Guide and we will REFUND YOUR FULL PURCHASE PRICE... NO CONDITIONS... NO DELAYS.

FEATURED ON NATIONAL TV

The complete story of several of our money projects recently appeared on a national television series. Other projects have been featured in numerous newspaper and magazine articles throughout the U.S. and Canada.

HOW TO START

First, you must be willing to work. All of these projects require time, energy and creativity.

Second, you'll need some working space in your home or apartment. A telephone will help, too.

Third, our projects are tested and workable. No envelope stuffing schemes, no "party plans", no door-to-door selling. None of that nonsense.

You won't need "money" to begin. Many of the projects can be started for as little as $25 to $50.

You won't need youth. Maturity and experience are excellent assets.

You won't have to wait. Most of these projects can be started in *just 15 days*!

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To prove that you can make extra money at home, you have our positive 100% money-back guarantee. Order your guide. Keep it for up to *six months*. This gives you time to actually *try* a project yourself. If you're not satisfied, just return it. We'll send you a full refund within three working days... no nonsense... no excuses.

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Brown bagging is becoming a way of life for many people, and for good reasons: you save money, save time, and get nutritious meals. Now *Brown Bagger's Cook Book,* from Better Homes and Gardens® can help you save even more, as well as add variety (and fun) to those take-along meals. Get quick lessons on packing a delicious and nutritious "bag" every time: hunger-stopping sandwiches, steaming soups, refreshing salads, elegant entrees, irresistible snacks and desserts. This 4-color book includes many recipes that make 2 to 4 servings, great for those who pack for other family members as well. Of special interest is the kids section, which includes meals they can fix themselves! Get the *Brown Bagger's Cook Book,* at your bookseller's or supermarket, just $5.95.

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Make decorating dreams come true with ideas you'll discover in *Decorating* magazine, from Better Homes and Gardens®. Enjoy an intriguing tour of homes — one featuring traditional elegance, another using texture and pattern to complement neutral colors, yet a third showing a predominance of brilliant primary colors. Designer Closeup introduces Virginia Jackson, a foremost authority on color. Consider an alternative to the conventional sofa — the chaise lounge. Other articles feature classic Bauhaus furnishings — where to acquire them, and how they can work with an assortment of architectural styles. You'll also review the best mail-order furnishing books, see a more formal approach to country style, and find new ideas for the home office. *Decorating* ... the Spring 1985 issue is available at your newsstand.

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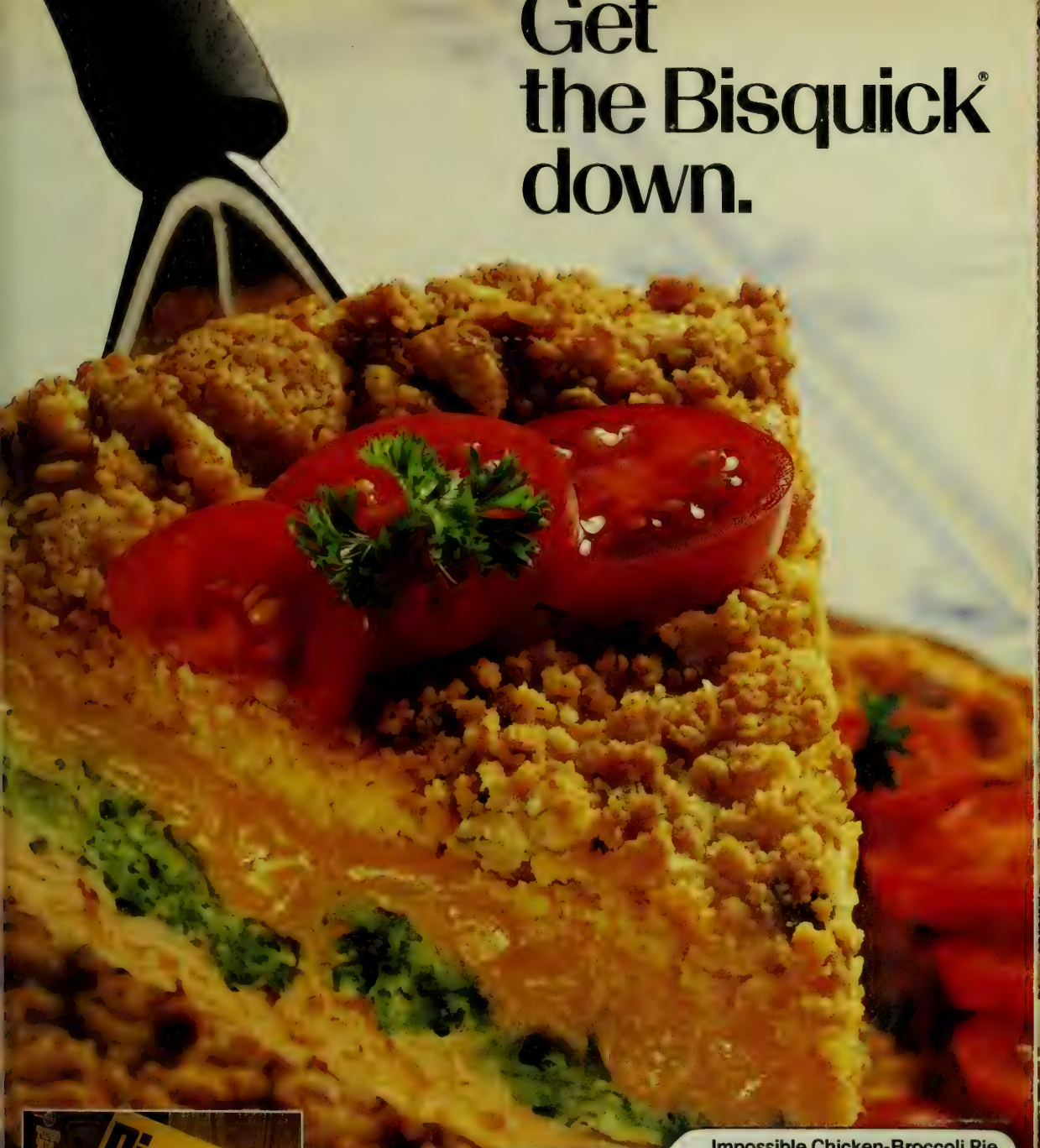
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Impossible Chicken-Broccoli Pie

55 minutes start to finish

- 2 cans (5 or 6¾ ounces each) chunk chicken, well drained
- 1 package (10 ounces) frozen chopped broccoli, rinsed and drained
- 1½ cups shredded Cheddar cheese
- 1 cup milk
- 3 eggs
- ½ cup Bisquick® baking mix
- ¼ teaspoon seasoned salt
- ¼ teaspoon pepper
- ⅛ teaspoon dried thyme leaves
- Savory Topping (below)

Heat oven to 400°. Layer chicken, broccoli and cheese in greased pie plate, 9x1¼ inches. Beat remaining ingredients except topping 15 seconds in blender on high or 1 minute with hand beater. Pour into plate; bake 20 minutes. Sprinkle with topping. Bake until knife inserted in center comes out clean, 15 to 20 minutes (some topping may adhere to knife). Cool 5 minutes. 4 to 6 servings.

Savory Topping: Mix ½ cup Bisquick baking mix, ¼ cup chopped nuts, ¼ cup grated Parmesan cheese and ⅛ teaspoon garlic powder. Cut in 2 tablespoons firm margarine or butter.

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Clutter-Free Bath Storage



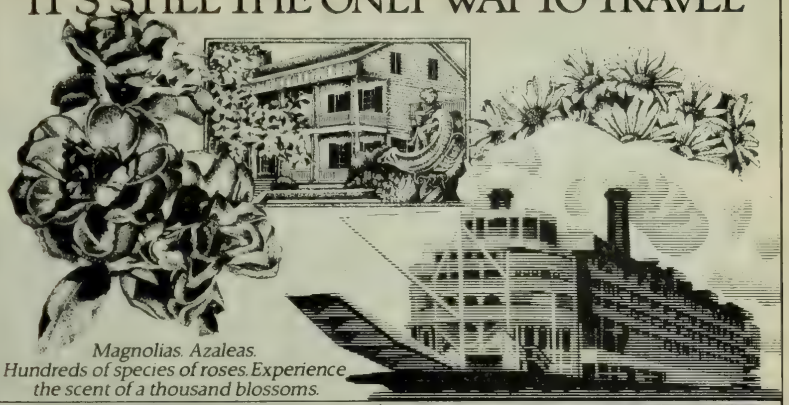
Pills, powders, and lotions now compete for shelf space in the bathroom with electric toothbrushes, blow dryers, and his-and-her shavers. Here's a cleverly designed storage bay that organizes the clutter. The storage is divided into three sections: a flush-mounted medicine cabinet, a garage for grooming appliances, and a deep drawer for linens or soiled clothing.



Top and front panels on the garage fold out for easy access, and the appliances plug into four electric outlets inside the compartment. A fixed panel on top of the garage provides extra parking space for toiletries and other grooming gear. Richly paneled door and drawer fronts hide the equipment when it's not in use.

Photographs: Jordan Miller. Architect: Boris Marks
Field editor: Pauline Graves

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Rugged Floors

Pave the Way to Elegant Dining

Beautiful dining spots call for just the right mix of elegance and simplicity. In these lovely examples, the intermingling of delicate furniture and rugged brick flooring takes you by surprise, setting a mood that's formal, yet restful and romantic. Classy but comfortable, these gracious dining rooms seem to invite you to pull up a chair.

Enduring beauty

Reminiscent of a romantic European courtyard, this dining room (*right*) is actually located in a high-rise condominium. The paving brick floor, set in a traditional herringbone pattern, helps foster the illusion.

Chosen for its beauty and practicality, the natural brick withstands the wear and tear of daily living with dignity. Durability is a priority for the owners who planned the room for stylish entertaining as well as family dining with their toddler son.

Unlikely mix

Tempering the severity of the brick, the subtle mix of fabric, light, and art provides needed softness. Reversible, positive-negative tattersall fabric in quiet shades of cream and sand coordinates table linens and upholstery. The "negative," sand-colored side of the fabric is used for the soft, full floor-length underskirt; in reverse, the light, cream-colored side befits the graceful, French pull-up chairs. A starched white damask overcloth puts the pristine finishing touch to the table.

Artistic touches

Against the backdrop of a navy blue wall, an Indonesian earth-tone painting takes on added importance. White porcelain lamps flank the artwork and gently wash the wall in light. The nearly invisible supporting pedestals are actually stereo speakers, disguised behind navy blue silk, carefully dyed to match the wall. Paired ficus trees fill out the corners, complementing this captivating and uncommon mix of cotton, silk, and brick.



A paving brick floor inspires the ambience of a romantic, outdoor courtyard.

Gardenlike dining room

Chippendale chairs and a glass-topped table are the obvious eye-catchers in a timeless and sophisticated 18th-century-eclectic decor (*right*). But surprisingly, it's the floor that pulls the room together. At first, the owner's thought was to camouflage the solid-vinyl, bricklike floor tile, installed in the dining room by a previous owner. Instead, she decided to accentuate the room's rustic simplicity.

To afford an uninterrupted view of the floor, she chose a contemporary brass and glass-topped dining table. Crisply painted, white walls and windows heighten the impact of the reddish brick. For added contrast, a deep border of rich blue rims the upper walls, unifying walls and upholstery.



Brick tile substitutes splendidly for the real thing in this gardenlike dining room.

Oriental porcelains, delicate flowers and a lush palm weave an elegant garden aura. Uncovered windows and French doors keep the great outdoors close at hand.

Photograph top: Rick Taylor. Design: Selene Morgan. Field editor: Ruth L. Reiter. Photograph above: Jessie Walker. Design: Christine Garrett



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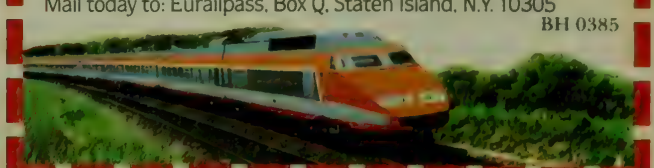
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Design Pizzazz for Open Space

Lumping your main living areas into one allows you to make better use of space, but large rooms must be inviting and livable, too. That's where good design comes into play—by creating visual interest and giving each area proper definition.



Large skylights brighten the work area.

With a bit of design savvy, you can make any large space seem lively and inviting, even one that's basically boxlike to start with. Special architectural features in this family room/kitchen, for example, include two bump-out bays that break up the outside walls of the room. One bay houses the eating area, and the other forms the back wall of the work area. Skylights in each bay capture daylight and create intriguing changes of ceiling height. The room also angles at one end to focus attention on the sitting area.

Other design tricks

You can use furnishings and built-ins as architectural elements, too. Here, the U-shaped kitchen storage system and a "floating" pot rack define the work area, and the hearth extends as a broad ledge beneath the bookshelves. In front of the fireplace, the sofa and easy chair form a cozy L that directs traffic around the sitting area to the patio door (out of camera range beyond the fireplace).



A pair of bump-outs, an angled wall, and a U-shaped storage layout add architectual pizzazz and help define each area in this 24 × 19-foot main room.



An angled wall opposite the fireplace makes this end of the room appear to wrap around the sitting area. Part of the raised hearth doubles as a display ledge.

Photographs: Ernest Braun. Architect: Don Olsen and Associates. Interior design: Justine Hoffman Righlein, ASID. Field editor Helen Heitkamp

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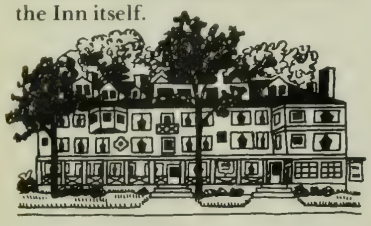
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This month at Waverly Place

□ Waverly's newest collection is inspired by one of America's oldest hostelries—the absolutely delightful Red Lion Inn at Stockbridge, Massachusetts. The *Country Charm at the Red Lion Inn* collection is brimful with the warm welcome of the Inn itself.



□ Founded in 1773, the Inn has been in continuous use ever since. The roster of celebrated guests includes *five* U.S. Presidents!

□ A group of guest rooms now shows off the co-ordinated fabrics and wallcoverings from the Waverly collection named after the Inn. The pattern names—"Jane's Basket," "Tanglewood," etc.—evoke the local colonial roots. The many designs carried out in superbly fresh yet still traditional color combinations make for stirring decorative effects.



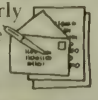


□ One of the fabrics, "Red Lion Border-by-the-Yard," a stripe and floral print, can also be used for ruffles, edges and dozens of other do-it-yourself "decorator" touches.

□ Illustrious names surrounding the Inn and Stockbridge make up a U.S. cultural Who's Who—Hawthorne, Longfellow, Norman Rockwell (who lived here), James Cagney and Katherine Hepburn (who launched their careers nearby).

□ For information on the Inn, write Innkeeper Betsy Holtzinger, c/o Red Lion Inn, Stockbridge, MA 01262.

For where to see the Waverly collections near you, write Waverly, 58 W. 40th St., Dept. BG, N.Y., N.Y. 10018.



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EQUIPMENT

Built-In Vacuum Cleaners

The new breed of built-in vacuum systems is giving its freestanding cousins a run for the money. Today's built-ins are easy to install—you can do it yourself and save—so the price compares more favorably now with upright and canister models. Also, built-in systems incorporate most of the convenience features offered by other types, plus some special features that are uniquely their own.

The basic system

With built-in systems, you do the vacuuming with a long, lightweight, flexible hose that fits into a specially designed receptacle, or inlet, on the wall. On most systems, inserting the hose in the inlet turns the motor on automatically, and dust-laden air is vented directly to the outside. Larger particles of dirt collect in a pail or bag, which you periodically empty. Rigid-plastic tubes connecting the inlets to the motor are concealed in the walls or under the floor. The exact number of inlets depends on the size and shape of the dwelling, but three or four will do nicely for a home of above-average size (2,000 square feet or so).

Special advantages

Even if you forgo most of the extras, a built-in system offers certain advantages over freestanding units that are well worth considering:

- Quieter: the motor is tucked away in a closet, garage, or basement area.
- Easier to use: there's no motor or bag to haul around as you work. And nearly all built-ins come with hoses up to 30 feet in length, which allows easy movement from room to room and up and down stairs.
- Cleaner: there are no leaky sweeper bags blowing dust and dirt back into the room.
- More powerful: motors for built-in systems are about four times as powerful as those in regular sweepers.

Do-it-yourself installation

If you're reasonably handy, you can pare the cost by installing a built-in system yourself. All you need are a few simple tools: a handsaw, a drill, and a screwdriver. Where you put the motor will determine how you deploy the plastic tubing, but there usually are several options regarding exact placement: along cold air returns, across the attic and down into the wall, through the backs of closets, even along the inside of a laundry chute.

Though it's fairly simple work, plan on spending a whole day for this project (six to 10 hours for a typical three-inlet system). Also, once you've selected a particular system, consult your dealer for handy tips regarding installation.

Extra convenience features

While you're shopping the market and comparing models, keep an eye out for the following features:

- A self-cleaning filter, which will make the motor more efficient and add to its operating life.
- Easily operable controls that allow you to vary the system's suction power. Most jobs won't require the full strength of a 1-horsepower motor.
- Extra accessories like individual floor- and wall-cleaning, dusting, upholstery, and crevice-cleaning attachments; extension wands; and accessory storage bags.
- A "wet pickup" accessory, which sucks away spills in a flash. A few sophisticated systems can even be converted to deep-down carpet cleaners or shampooers; they come with a long plastic tube attachment that connects with the nearest faucet.

A built-in system with the usual attachments and accessories costs approximately $700. By installing it yourself you can save approximately $100–$300. A system that can be converted into a carpet cleaner costs $100–$150 extra. Whether you opt for the basic package or one that's loaded with extras, look for models that are approved by Underwriters Laboratories, Inc., and that carry a two- or three-year warranty.

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▲The country-chic look combines modern crispness with country warmth.

Bare-bones contemporary

Bearing the earmarks of an updated urban town house, this relaxed, but sophisticated living room (*right*) reflects the homeowner's clearly contemporary leanings. The clean architectural lines, modern lighting, uncluttered windows, and plump modular seating are basic design components, too

Yesterday's misfits.

good to be scrapped when newfound country yearnings began to rise.

Country touches

To satisfy the owner's growing love for found objects, the room's accessories gradually changed. An animal-pattern folk-art dhurrie rug, paired with the modular seating group, establishes the quiet country-modern mood. Resisting the temptation to overdo, the owner chose artwork carefully, displaying just a few eye-catching and distinctly primitive pieces. This straightforward arrangement heightens the impact of the simple art forms, making the pieces seem to jump out from the plain white walls.

Furniture accents

An antique chest, an old wicker chair, and a primitive kitchen table cut to cocktail-table height are among the treasures that give the room atmosphere and personality. The secretary (*right*), an early find costing less than $100, turns an empty wall into a mini work station. Paired with a wooden stool, the piece serves as a desk and a display case for valued collectibles. It also helps to set the vintage tone, immediately recognizable when you enter the room.

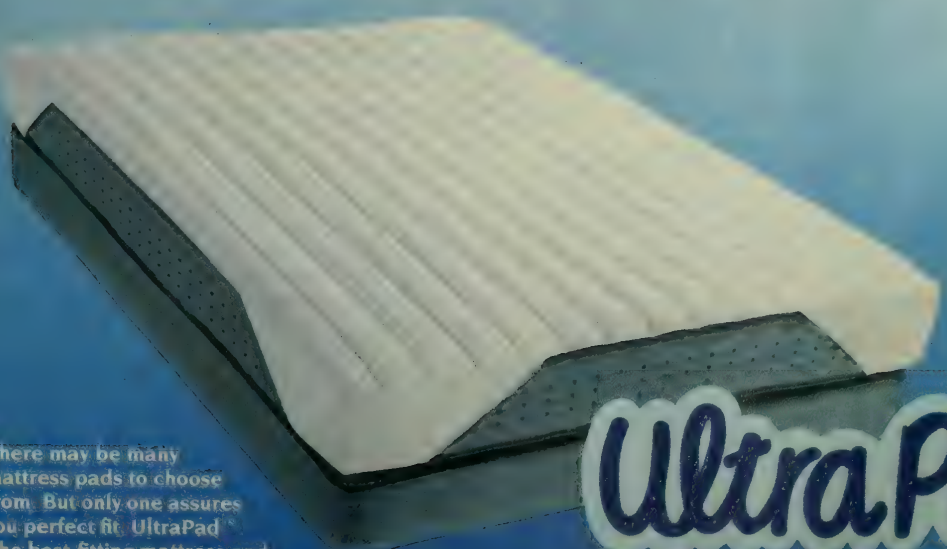
Restraint is the key to this country-contemporary style room. The skillful blending and editing of furniture and accents bespeaks warmth and sophistication, comfort without clutter.

Photographs: Jessie Walker
Design: Sue Kroeger



▶A vintage secretary sets the mood, showcasing select country collectibles.

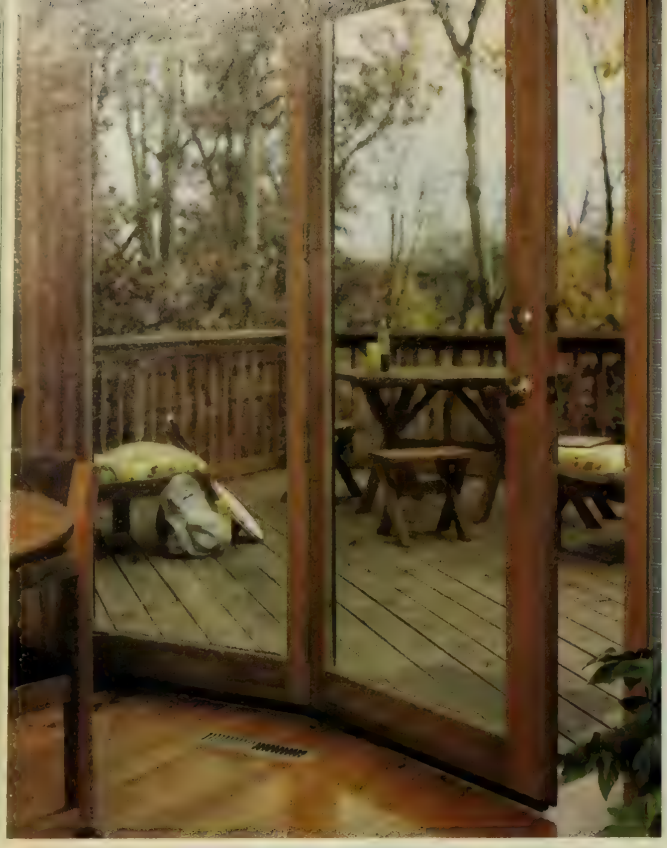
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DECORATING TIPS

Country-Style Entries



Announce your down-home decorating style, right at the front door. Charming wall treatments and interesting accents stage a warm country-style welcome in these entries.



Cozy up with prints

A thistle-print wall covering cozies up this spacious hallway (*above, top*). Along the ceiling line, a coordinating wallpaper freize adds old-fashioned architectural impact. Special furnishings help set the mood in any entry. Here, an antique, circa-1840, pine settle gets special prominence. Finishing touches, including a skirted table, artwork, and flowers, bring the corner to life.

Set the tone with stenciling

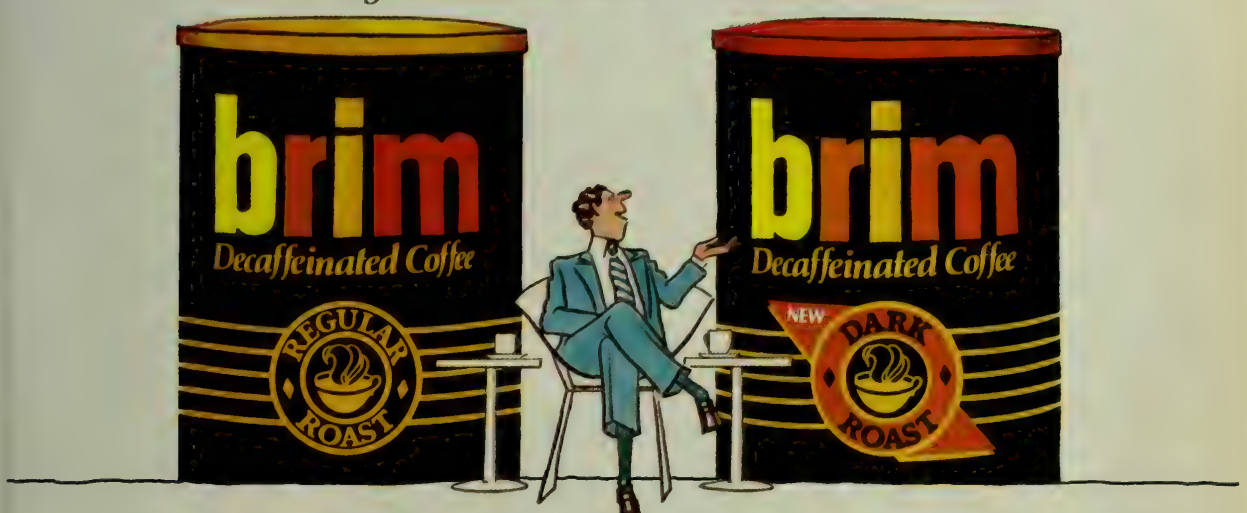
A few decorative strokes let a small entry (*above, right*) bask in back-roads charm. Expansive white paint was chosen over wallpaper, which could have overpowered the minuscule area. A bit of vine-and-berry stenciling winds around the doorways and up the stairs, repeating the deep red color of the front door. Oriental rugs cover the floor with softness and classic pattern.

Photographs: Maris/Semel. Field editor: Estelle Bond Guralnick
Design, bottom: Ruth Tonner

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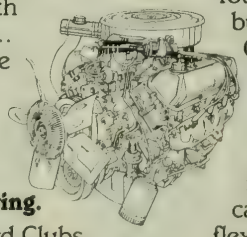
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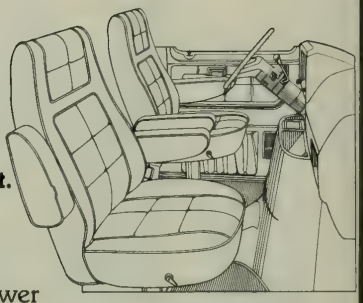
Tops for towing.

Only Ford Clubs have strong body-on-frame construction. That's why they can be equipped to tow up to 10,000 lb.—much more than Dodge or Chevy. They're built to take it.

"Out-front" comfort.

Ford's out-front design gives you extra room plus easy walk-through to the rear. Power steering is standard. Options include speed control/tilt wheel...and new power door locks/windows.

You can choose buckets or Captain's Chairs up front. Plus rear bench seats with quick-remove feature for increased cargo space and flexibility of use. For a wagon that's great for everything from family use to recreation to van pooling—join the Club!



Best-Built American Trucks.

At Ford, Quality is Job 1. A 1984 survey established that Ford makes the best-built American trucks. This is based on an average of problems reported by owners in the prior six months on 1981-1983 models designed and built in the U.S.

Lifetime Service Guarantee.

As part of Ford Motor Company's commitment to your total satisfaction, participating Ford Dealers stand behind their work, in writing, with a Lifetime Service Guarantee. No other car companies' dealers, foreign or domestic, offer this kind of security. Nobody. See your participating Ford Dealer for details.

*Optional: not available in California or with manual transmission. Horsepower based on SAE Standard J1349.



"My Ford Club Wagon & Me."

FORD CLUB WAGON

AMERICA'S TRUCK BUILT FORD TOUGH



Presenting Lane's America Collection: we're not just making furniture, we're making history.

This is the furniture America grew up with, the furniture that's part of our heritage and our history.

Both the authenticated reproductions and the approved adaptations in Lane's America Collection are produced under the auspices of the nation's premier authority on early American rural life, the Museum of American Folk Art located in New York City.


Upholstery by Pearson, a division of Lane.

Every piece is a potential heirloom. And you know as well as we do that the best time to start collecting these heirlooms is now, while prices are no higher than the prices for ordinary furniture. There are pieces here for living rooms, dining rooms, bedrooms, kitchens and hallways. You can create a great room in a traditional country style, or use individual accent pieces to complete rooms in a wide range of styles.







There are accent pieces in Buttermilk Blue, Old Red and Shaker Green.

There's a cedar-lined version of a Pennsylvania dower chest. A continuous-arm Windsor rocker. A spacious armoire. Several styles of beds. And a wide range of chests, tables, chairs and charming accents.



For an America Collection catalog, just send $2.50 to The Lane Company, Inc., Dept. AM-10L, Altavista, Virginia 24517-015

Then call toll free 1-800-447-2882 for the name of your nearest America dealer. Who knows? You might even end up taking home a piece of American history.

Lane®

100 IDEAS UNDER $100

By Steven Coulter and Nancy Hall

You asked for it! 100 terrific ideas for storage, decorating, needlework, and furniture—all that you can create yourself. You supply the labor, and any of these super projects can be yours for less than $100. Start here with our patriotic garden gate, the first of 100 great ideas to help you live better.



1.▶ FLAG GATE $33

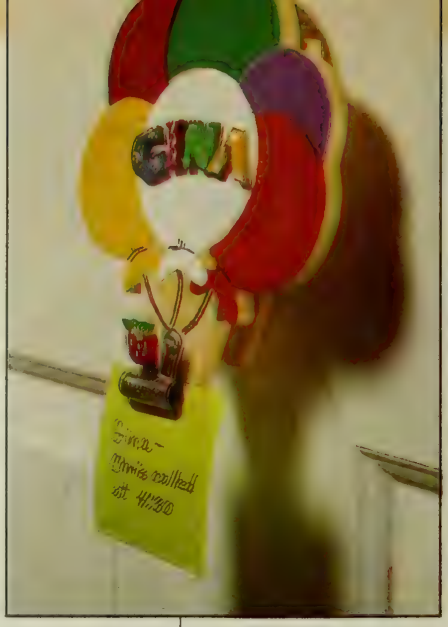
Build a simple gate, then embellish it with cutouts to resemble a Colonial flag. Brush on watered-down paints to "age" your folk art gate.

Selected Project Plans, full-size Patterns and Kits available

How-to instructions begin on page 150. Buying guide, page 188.

Credits, page 188

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2. ▶ DOOR KNOCKER $13

Personalize a child's room with a painted door knocker. Cut balloons and a back triangle from ⅜-inch pine and hinge them together. Screw on a spring clip to hold messages.



3. ▲ CEILING LIGHT $34

Combine oak and stained glass with a globe-shaped bulb to create a ceiling fixture perfect for a kitchen, entry, or hallway.

To order Project Plans, Patterns, or Kits see page 205

4. ▶ BEAR BOOKSHELF $45

Build your bear from ¾-inch pine. Finish with paint and varnish. **Project Plan 50540**

5. ▶ GOLDILOCKS DOLL $25

Stitch together a fiber-filled, flaxen-haired Goldilocks and dress her in an embroidered gown made from white handkerchiefs. **Kit 28151**



6. ▶ ICE SCULPTURE WINE BUCKET $5

Ice cubes, cold water, and two plastic containers are all you need to create a unique wine bucket. We personalized ours by freezing some red grapes and plastic greenery in the ice.



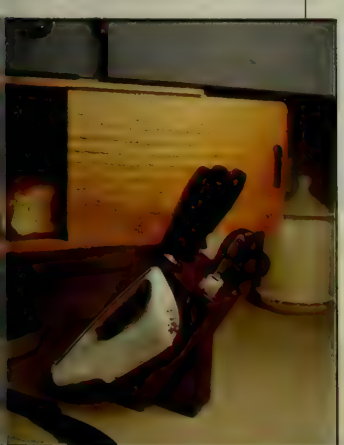
7. ▲ WOODEN COAT HANGER $5

Make these deluxe coat hangers from your choice of hardwoods. If you use aromatic cedar, varnish only the plywood hook.



8. ◀ HANGING OAK BREAD BOX $26

The bread box front slides off to become a handy cutting board. **Project Plan 50546**



9. ◀ COUNTERTOP OAK KNIFE RACK $10

Build a rack to hold your knives, scissors, and electric knife and blades. **Project Plan 50546**

10. ▼ CHERRY DROP-LEAF TABLE $86

With both leaves raised, the tabletop measures 43¾ by 47¼ inches. You can keep the cost down by cutting the tabletop and leaves from cabinet-grade plywood, then edging all three pieces with solid cherry lumber. **Project Plan 50543**



How-to instructions begin on page 150.
Buying guide, page 188.

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11. ▶ ENTERTAINMENT CENTER $88

House your portable television and ancillary equipment such as a VCR, cable box, video game unit, or a computer keyboard in a simple cabinet cut from one sheet of ¾-inch plywood. You may need to change the dimensions to fit your own equipment. **Project Plan 50532**





12. ▶ BLUEBIRD FLOOR PILLOWS $19

Top colorful floor pillows with easy-to-appliqué jaunty bluebirds. For added interest, make your pillows various shapes.

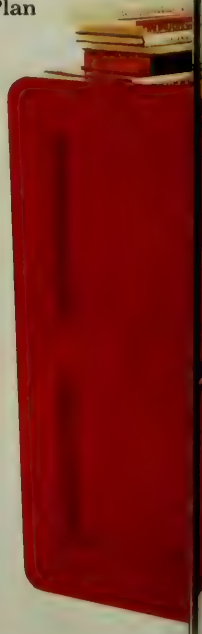
13. ▲ TOY STORAGE/RAMP $12

This compartmented pine case will garage a whole fleet of tiny vehicles. A handle at one end makes carrying easy. **Project Plan 50535**



14. ▼ TWO-DRAWER WOODEN FILE $90

You may want to top a pair of these handy files with a flush-face door to form a simple desk that will be easy to disassemble when you move. **Project Plan 50550**







15. ▲ JEWELRY BOX $54

Build an inlaid music box that's also a compartmented jewelry box. **Project Plan 50561**

16. ◀ 3-IN-1 TABLES $55

These space-savers stand as one unit until you need additional tabletops. **Project Plan 50547**

How-to instructions begin on page 150.
Buying guide, page 188.

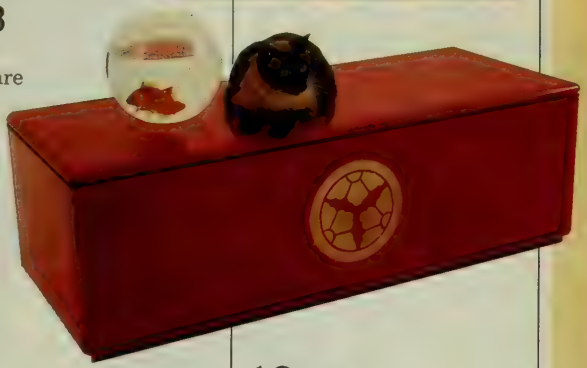


17.◀ WALL HANGING $23

Cut designs from 1×8-inch pine. Flower stems are ⅜-inch dowels. Paint, let dry, then hang at your child's level.

18.◀ MARCH HARE AND CARROT $42

Stitch and stuff a giant rabbit and treat it to a Brobdingnagian carrot. **Pattern 01365**



19.▲ CEDAR CHEST $88

Aromatic cedar lines the interior of our shiny red storage trunk that's painted with an Oriental motif. **Project Plan 50555**

To order Project Plans, Patterns, or Kits see page 205



20.◀ NO-NAILS BOOKCASE $25

The shelves of this knockdown bookcase are slotted to interlock with slots cut into the 60-inch-tall 2×10 uprights. **Project Plan 50550**

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21. ◀ WELCOME SAMPLER $4

You'll need three skeins each of beige and blue embroidery floss to cross-stitch a cheery "Welcome." Use two strands of floss and begin in the center of the 23×13-inch No. 11 Aida cloth and the center of the pattern. Frame as desired. **Kit 29593**



22. ▶ WOODEN ROAD GRADER $2

Here's a wooden toy that's easy to assemble. **Project Plan 50538**



23. ▶ WOODEN BULLDOZER $3

The driver of this sturdy toy is simply the top half of a clothespin. **Project Plan 50538**

24. ◀ CHANGING KIT $19

Piece together a patchwork changing quilt plus a bag to hold the quilt and other baby care supplies. **Kit 28207**



25. ▼ FLIP-TOP TABLE $80

Hidden storage for cards and games is revealed when you swivel the hinged top and unfold it to form a tabletop big enough for card games or dining for two. **Project Plan 50545**

To order Project Plans, Patterns, or Kits see page 205

How-to instructions begin on page 150.
Buying guide, page 188.



26. ▲ BULLETIN BOARD $15

Glue fabric to a plastic foam house outline and trim with ribbon and a painted dowel for the porch pillar.

27. ▶ MISSION OAK DESK $99

Cutout hearts trim the front and back of our desk flanked at each end with a bookshelf between the legs. There's also a drawer. **Project Plan 50536**



28. ▶ OAK BENCH $42

We copied this sturdy little bench from a black leather-topped oak antique, circa 1910. **Project Plan 50536**





29. ▲ PARLOR TABLE $70

This Victorian-style pine parlor table serves well anywhere you need an occasional table. Reproduction porcelain casters give it a 19th-century touch. **Project Plan 50549**

30. ▲ SANDBOX $36

To keep the sand dry and clean, unroll the canvas cover to top your 4-foot-square sandbox when your sand castle builders are not at work.



31. ▶ A-FRAME MAILBOX $43

This safety-minded mailbox has a back door to let you pick up or leave mail without stepping into the street.

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32. ▼ SHEPHERDESS BEDCOVER $45

No quilting is required when you stitch this gay summer coverlet. Just embroider shepherdess Mary on a sheet, and let her lambs gambol across the ruffled pillow shams. **Pattern 01362**



33. ▼ PINE QUILT RACK $25

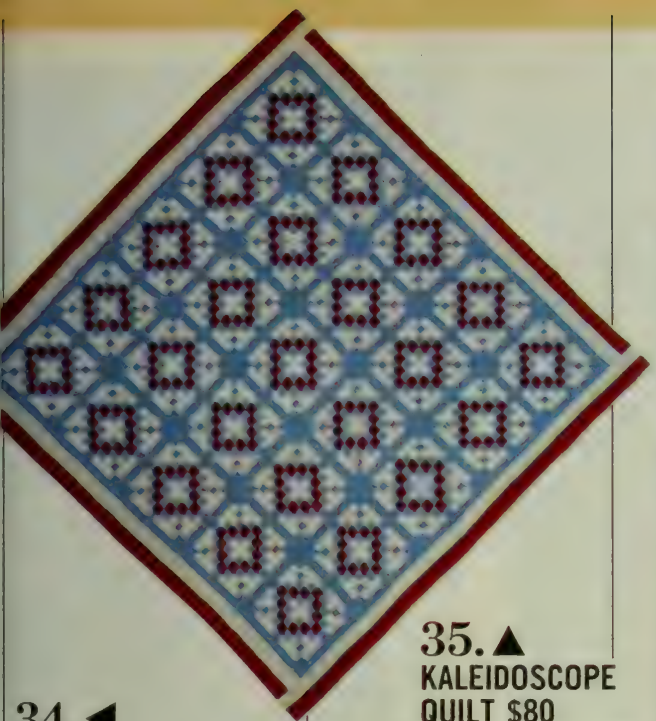
You can display lots of quilts on our adaptation of an antique adjustable clothes-drying rack, built mainly from 1-inch dowels. We made our rack from pine.





To order Project Plans, Patterns, or Kits see page 205

How-to instructions begin on page 150.
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34. ◀ MISS LIBERTY GROWTH CHART $16

The first 100 years are the hardest! This "fabricated" Liberty holds aloft a measuring tape to check the height of her growing young Americans.

35. ▲ KALEIDOSCOPE QUILT $80

Three cheers for the red, white, and blue! Here's a good beginner's quilt; each block is simply 81 squares sewn together by hand or machine.





36. ◀ CRO-HOOK REVERSIBLE BABY BLANKET $10

We've revived a simple old-time crocheting technique to quickly make a two-color baby blanket. The border is a simple crocheted shell design.

39. ▲ PLYWOOD BOOKCASE $79

One sheet of ¾-inch red oak plywood supplies all the lumber you need for this 76-inch-tall bookcase. **Project Plan 50559**





37. ▶ SIMPLE QUILT STAND $25

This painted rack measures 40×12×38 inches. **Project Plan 50531**

38. ▶ BLUE WOOL THROW $32

Edge a 54-inch-square throw with a 3-inch border of crocheted lace.

40. ▲ MINIATURE LINCOLNS $10 each

Abe, Mary, and "Tad" are true miniature scale: 1 inch equals 1 foot. Movable joints allow repositioning. **Patterns 01363**

100 IDEAS UNDER $100



42. ▲ OXFORD FRAME $9

Show off a treasured piece of fancywork by mounting it on a velvet background. Assemble this modern adaptation of a Victorian Oxford frame by half-lapping the corners. Add decorative wood-fiber carvings.

43. ▲ PEACOCK $5

Combine embroidery and crocheted pineapples to make a fanciful peacock, originally used as an antimacassar.



41. ▲ TOYS CRIB QUILT $17

Top a blue and white crib quilt with 12 antique toy motifs, plus a star in each corner. Use our designs or create your own. **Pattern 01361**

44. ▶ WOODEN LOBSTER TRIVET $7

Cut shape from ¾-inch pine and groove the joints and eyes with a router. Paint all grooves and eyes with red acrylic. Finish with polyurethane. **Project Plan 50546**



45. ◀ 7-CIRCLE PLANT STAND $32

Six wood balls (three at each end), three lengths of closet pole, seven particleboard circles, and 12 angle braces are all you need to assemble a multilevel plant stand. Finish with paint.



How-to instructions begin on page 150.
Buying guide, page 188.





46. ◀ POT RACK $99

This space-saving unit keeps your pots and pans within easy reach. **Project Plan 50515**



48. ▲ ART NOUVEAU PILLOW $12

Cross-stitch a long-haired Edwardian beauty for a pillowtop or framed sampler. **Kit 27723**



47. ▲ CORNER ÉTAGÈRE $69

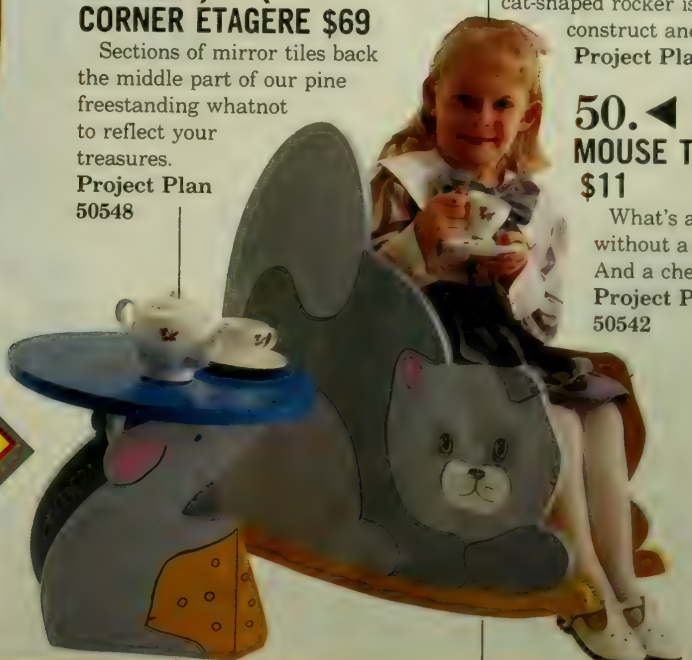
Sections of mirror tiles back the middle part of our pine freestanding whatnot to reflect your treasures. **Project Plan 50548**

49. ▼ CAT ROCKER $17

Our adorable, durable cat-shaped rocker is easy to construct and paint. **Project Plan 50542**

50. ◀ MOUSE TABLE $11

What's a cat without a mouse? And a cheese! **Project Plan 50542**



To order Project Plans, Patterns, or Kits see page 205

100 IDEAS UNDER $100



51. ◀ BARN TOY BOX $65

Cut all the pieces of this 2×4-foot toy box from two sheets of ½-inch plywood. A hinged roof section allows access to the loft storage. **Project Plan 50557**

52. ▲ WALL COWS $18

Large stencils decorate walls with happy bovines, flocks of sheep, and other creatures great and small.



53. ◀ OVER-THE-HOOD STORAGE $43

Use the wasted space on a garage wall above the hood of your car for a storage cabinet built from ¾-inch waferboard.

To order Project Plans, Patterns, or Kits see page 205

54. ▼ TOY CADDY $6

Hang a denim pocket organizer from the back of a car seat to corral children's toys and books for traveling. Tailor some pockets to fit your child's favorite portable items.





55. ▶ OUTDOOR TABLE $64

Half-lapped joints give this picnic table flush leg surfaces. **Project Plan 50562**



56. ▲
CARD TABLE PLAYHOUSE $51

Transform a card table into a children's delight by covering it with fabric appliqués that show a red fire truck on two sides and a yellow school bus on the other two. Card tables vary in size, so measure yours and vary our dimensions if necessary. **Pattern 01367**



57. ▲
WORKBENCH AND STORAGE CENTER $98

Here's a convenient work center with lots of storage space. Best of all, you can assemble it quite inexpensively. For example, the porcelain drawer pulls and door knobs are low-cost electric fence insulators. **Project Plan 50556**



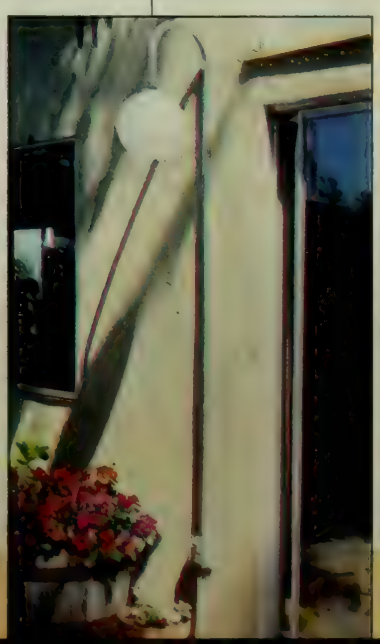
58. ▲
EXTENSION CORD CADDY $1

Keep a 100-foot electrical extension cord untangled by wrapping it around a notched 2-foot length of 1×8-inch pine. Cut a 6-inch slot for a carrying handle. **Project Plan 50556**

59. ▶
OUTDOOR LIGHT $50

Use a pipe bender to curve thin-wall conduit for a high-tech exterior light. A key element is the oil lamp adapter, which is threaded to match lamp rods. A lamp shop or old-fashioned hardware store is the most likely place to find one. While you're at it, add a handy electrical outlet box to your outdoor living area.

How-to instructions begin on page 150.
Buying guide, page 188.



100 IDEAS UNDER $100



60. ◀ PLANTERS $60

These 21½-inch-square planters are just plywood trimmed with 2×2s and painted. They stand 26 inches tall. If you install false bottoms halfway down, you won't have to fill the entire boxes with heavy soil.

61. ▶ CLOWN DRAWING BOARD $15

Cut a clown shape from plastic foam, then cover it with fabric and a vinyl writing surface. Add a round foam nose.





62. ▶ APPLE TOY BASKET $27

Bag a laundry basket and add a pillowed lid with stuffed worm to create lightweight storage for toys.

63. ▼ CHOPPING/SERVING CART $65

Do your chopping, then flip the top for an unmarred serving surface.
Project Plan 50544



64. ▲ TRICOLOR FAKE FUR GEOMETRIC RUG $21

Stitch together colorful imitation fur fabric triangles to make a soft 32×48-inch rug. Add a canvas backing and rug binding to the outer edge.

65. ▼ CROSS-STITCHED BLUEBIRD MIRROR FRAME $45

Border a mirror with cross-stitched flowers and a bluebird on the wing.
Kit 29592



How-to instructions begin on page 150.
Buying guide, page 188.



66. ◀ WOODEN SLED $19

Eagle stencils dress up our easy-to-build sled you can assemble in a few hours. You also may choose to hang the sled with its flat surface to the wall and use the back braces as shelves for displaying a small collection of treasures.

67. ▲ HOUSE PUNCHED RUG $46

Instead of the usual rows, run a traditional schoolhouse quilt design round and round a center square in a unique diamond configuration.



68. ◀ CADDY TABLES $21

Inspired by old strawberry box caddies, these simple little tables are great for a variety of purposes, both indoors and out. Cut the legs to a suitable height for each table's intended use. **Project Plan 50537**

69. ▲ CORNER CUPBOARD $98

You can quickly change the accent color on our pine plywood cabinet. Simply slide out the panels on the backs of the doors and repaint the side that shows through the door cutouts. **Project Plan 50539**

70. ▶ REFLECTIONS $25

Showcase a centerpiece or flower arrangement by displaying it on a mirror plateau. To assemble, edge a beveled mirror with mitered molding.



71. ▶ BLUEBIRD TABLECLOTH $40

Liven up a plain tablecloth with embroidered bluebirds or your own feathered flying favorites. Embroider napkins to match the tablecloth.

To order Project Plans, Patterns, or Kits see page 205

100 IDEAS UNDER $100



72. ◀ MAP WALL HANGING $20

Quilt a fanciful old map to complement your sailing ships quilt. You may want to hang it over your bed to serve as a fabric headboard. **Pattern 01379**

73. ◀ SHIPS QUILT $80

A dozen early ships sail across our quilt top. Any of the block designs also would make suitable pillow tops. **Pattern 01360**

74. ▲ WOODEN SHIP $9

No ship in a bottle this, but it's just as much fun to construct, and lots easier! **Pattern 01360**





75. ▲ EXECUTIVE TOP $5

Turn a hardwood top on a lathe. Wind it up with a 24-inch-length of string. Turn it over, pull the string, and watch it spin!



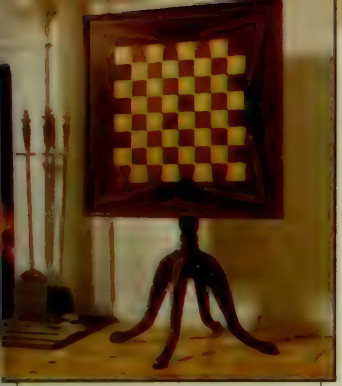


77. ▼ TILT-TOP GAME TABLE $54

A checkerboard veneer kit simplifies the assembly of this classic tilt-top. Stand it against a wall between games. You can either turn the pedestal base on a lathe or buy one ready-made. **Project Plan 50541**

76. ◀ CABINET FACE-LIFT $20

Revamp your cabinets with fresh paint and new door fronts of pressed tin framed with molding.



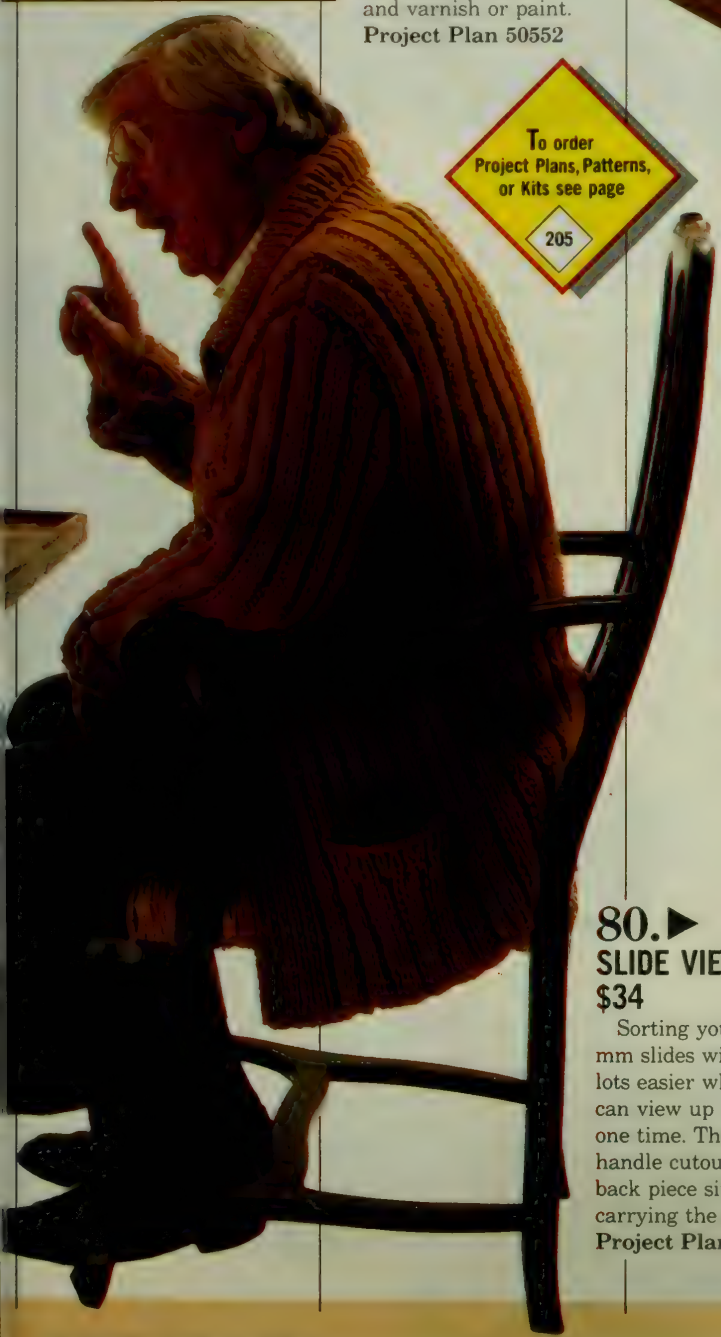
How-to instructions begin on page 150.
Buying guide, page 188.

78.▶ DEER TRAY $14

Build a handy tray from ½-inch pine and cut out the handles on the ends to resemble fanciful deer in full antlers. Finish your unique tray with stain and varnish or paint. **Project Plan 50552**



To order Project Plans, Patterns, or Kits see page 205





79.▲ INLAID QUARTZ CLOCK $32

Ready-made veneer inlays make embellishing your clock case easy. Install a battery-operated quartz movement to keep the clock running with no winding needed. **Project Plan 50560**

80.▶ SLIDE VIEWER $34

Sorting your 35-mm slides will be lots easier when you can view up to 45 at one time. The handle cutout in the back piece simplifies carrying the case. **Project Plan 50533**



100 IDEAS UNDER $100



81. ◀ NIGHTSTAND BOOKSHELF COMBO $28

Build a sturdy bedstand from ¾-inch particleboard and pine cleats, with a simple curve at the top. Finished size is 24×18 inches and 23 inches tall. Shelves at top and bottom provide plenty of space for books and other bedside necessities. **Project Plan 50531**

82. ◀ QUICK HEADBOARD $22

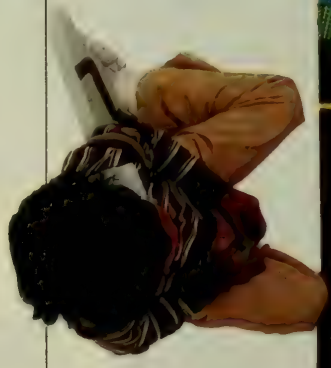
Copy the graceful lines of your nightstand on an easy-to-make headboard. **Project Plan 50531**



83. ▲ FRIENDSHIP TULIP QUILT $60

For a lasting remembrance, embroider one leaf of each tulip block with the autograph of a friend. The absence of borders lets you easily adjust the quilt dimensions to fit different-size beds by simply adding more rows of blocks where needed.





84. ▲ PUPPET THEATER $26

Use a spring-loaded rod to hang a fabric puppet theater in any doorway. Chicken-fronted pockets below the barn-door stage store the puppets. **Pattern 01364**

85. ▶ SIGNPOST COATRACK $33

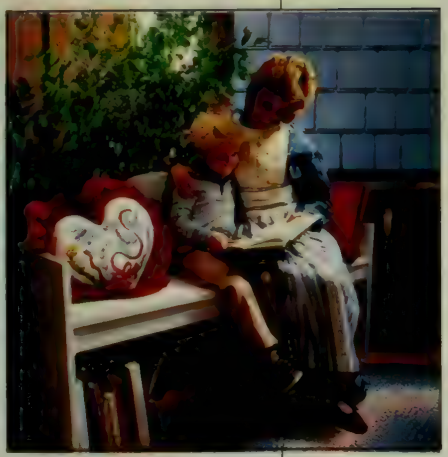
Treat youngsters to easy-to-reach clothes hooks. **Project Plan 50551**

86. ▶ BUNNY DOORSTOP $12

Cut design from pine, add a brace, paint. **Project Plan 50551**



How-to instructions begin on page 150.
Buying guide, page 188.



87. ◀ EASY BENCH $47

Cut the pieces for a 54-inch-long bench from ¾-inch particleboard. **Project Plan 50531**

88. ◀ HEART PILLOW $15

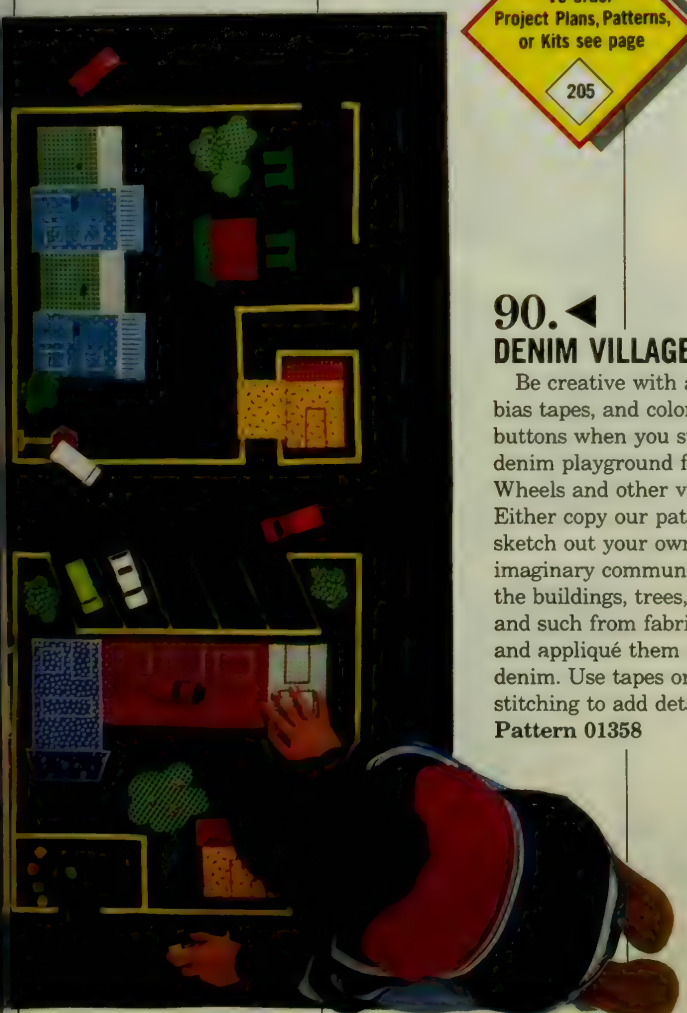
Cross-stitch roses, bleeding-hearts, and bluebirds of happiness on a heart-shaped pillow. Add a red ruffle. **Kit 29591**

To order Project Plans, Patterns, or Kits see page 205



89. ▲ QUILTED PARROT OVEN MITTS $12 a pair

Protect your arms from possible oven burns with a pair of quilted long-necked Pollys who can serve double duty as big-beaked hand puppets.



90. ◀ DENIM VILLAGE $27

Be creative with appliqué, bias tapes, and colorful buttons when you stitch this denim playground for Hot Wheels and other vehicles. Either copy our pattern or sketch out your own real or imaginary community. Cut the buildings, trees, stop signs, and such from fabric scraps and appliqué them to the denim. Use tapes or zigzag stitching to add details. **Pattern 01358**



91. ▲ CURIO CABINET $99

Protect your favorite breakables behind glass in a lighted cabinet. We built ours from oak and finished it with oil. Size is 33½ × 14 × 30 inches. **Project Plan 50553**

100 IDEAS UNDER $100



92. ◀ ENCHANTED HANGING $18

Pennants fly from every tower of a castle in the clouds. Note the heart-shaped door. **Pattern 01378**

93. ◀ FANTASY QUILT $90

Characters from fairy tales fill the 12 blocks of a stunning piece of needlework art. **Pattern 01359**

94. ◀ STENCILED LAMP $22

Recycle a lamp by painting the base and stenciling both the base and the shade.



95. ◀ STAR-SHAPED RECIPE HOLDER $9

Inspire the cooks in the family with a star-shaped stand to hold recipe cards or an open cookbook. Cut the star from tempered hardboard. The base is a 1×9-inch dowel secured to an 8-inch base. **Project Plan 50546**





96. ◀ BATHROOM STORAGE/HAMPER $75

Store a heap of towels and other bathroom supplies in a 12-inch-deep plywood cupboard. Perforated hardboard provides ventilation for the hamper section. Our cabinet is 20 inches wide by 69 inches tall, but you can vary the dimensions to fit your bathroom. **Project Plan 50554**

How-to instructions begin on page 150.
Buying guide, page 188.

97. ▶ DECO FERNERY $30

Group four 6-inch pots in a 30×9×24-inch-tall planter. It's simply four pieces of ½-inch particleboard with a shelf installed 6 inches below the top. Paint to match your room scheme. In this instance, we painted our planter to complement the bench and ottoman.



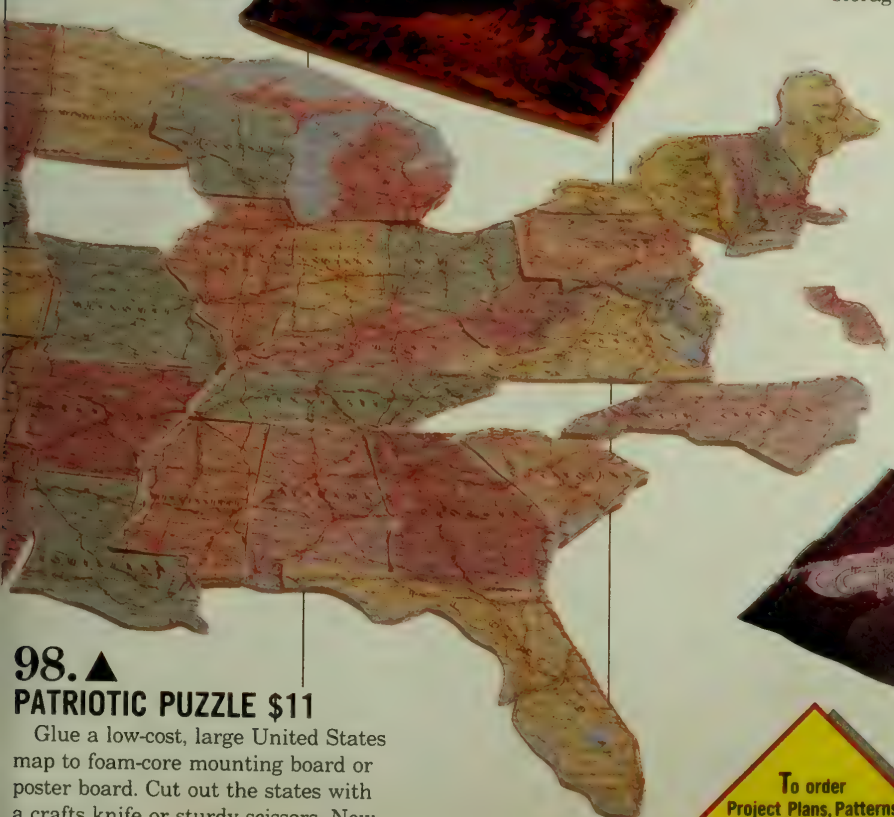


99. ▲ SLATTED BENCH AND OTTOMAN $98

Construct this sturdy duo for a teenager's room; it can stand lots of abuse! The open, compartmented back offers plenty of display and storage space. **Project Plan 50534**







100. ▼ BRASS TRIO $36

Machine-appliqué horn shapes to 22-inch-square pillow tops and fill in the designs with embroidered satin stitches and french knots. Use contrasting colors to obtain the best possible effects. **Pattern 01366**



98. ▲ PATRIOTIC PUZZLE $11

Glue a low-cost, large United States map to foam-core mounting board or poster board. Cut out the states with a crafts knife or sturdy scissors. Now, scramble the pieces and test your geography knowledge!

To order Project Plans, Patterns, or Kits see page 205

By Diana McMillen

SPRING LAMB

FOR YOUR HOLIDAY FEASTS

Delicate flavor and tenderness plus a better-than-ever supply make lamb a specialty you won't want to miss.

PASTRY-WRAPPED LAMB CHOPS

- 1½ cups all-purpose flour
- ⅓ cup butter *or* margarine
- 4 to 5 tablespoons cold water
- 1½ cups finely chopped mushrooms
- 2 tablespoons chopped green onion
- 2 tablespoons butter *or* margarine
- 1 teaspoon lemon juice
- 4 lamb loin chops, cut 1 inch thick and boned
- Garlic salt
- 4 thin slices fully cooked ham
- 1 slightly beaten egg yolk

Combine flour and ¼ teaspoon *salt.* Cut in ⅓ cup butter or margarine till mixture resembles small peas. Sprinkle *1 tablespoon* of the water over part of the mixture; gently toss. Repeat till all is moistened. Form a ball. Wrap; chill.

Cook the mushrooms and onion in *1 tablespoon* of the remaining butter till tender. Remove from skillet; stir in the lemon juice. Season with salt and pepper; set aside. Using meat mallet, pound meat to slightly flatten. Brown in remaining butter. Sprinkle meat with garlic salt and *pepper.*

On a floured surface, roll pastry into a 12-inch square. Cut into four squares. Place *one* slice of ham on each square, then a lamb chop, and *one-fourth* of the mushroom mixture. Moisten edges of dough; fold dough over meat, envelope-style. Press to seal. Decorate with additional pastry (optional). Combine egg yolk and 1 tablespoon *water;* brush over pastry. Place on an ungreased baking sheet. Bake in 400° oven 25 minutes. Makes 4 servings.

Per serving: 616 cal., 26 g pro., 26 g carbo., 45 g fat, 446 mg sodium.

GARLIC LAMB SHANKS

- 4 lamb shanks (about 3½ pounds)
- 2 tablespoons cooking oil
- 1 cup finely chopped onions
- 1 cup finely chopped carrots
- 1 cup chopped celery
- 1 cup dry white wine
- 30 unpeeled garlic cloves

Cut fell from lamb. Season lamb with *salt* and *pepper.* Brown in hot oil; drain off fat. Add onions, carrots, celery, wine, 1 teaspoon *salt,* and ¼ teaspoon *pepper.* Top with unpeeled garlic. Bring to boiling; reduce heat. Cover; simmer 1½ hours. Transfer to serving plate. Skim fat from juices; spoon vegetables and juices over lamb. Makes 4 servings.

Per serving: 521 cal., 48 g pro., 17 g carbo., 24 g fat, 707 mg sodium.

Photograph: Ernie Block





BEST-BUY TIPS FOR LAMB

To purchase the best quality lamb, look for lightly marbled, reddish-pink meat. Lack of heavy marbling (flecks of fat within the lean meat) indicates young, mild-flavored lamb. Also look for a smooth covering of pinkish-white fat and a thin outer skin on the meat called the fell. Most butchers remove the fell from lamb chops, but leave it on roasts to retain the shape and juices during cooking. Lamb can be cooked to rare-, medium-, or well-doneness, just like cuts of beef.

TIPS TO LIGHT AND TASTY BREADS



1. Kneading dough gives the bread even texture. To knead, press the dough using a folding and pushing motion.



2. Pressing fingertips into a dough determines when it's doubled. If the indentation remains, the dough has doubled.

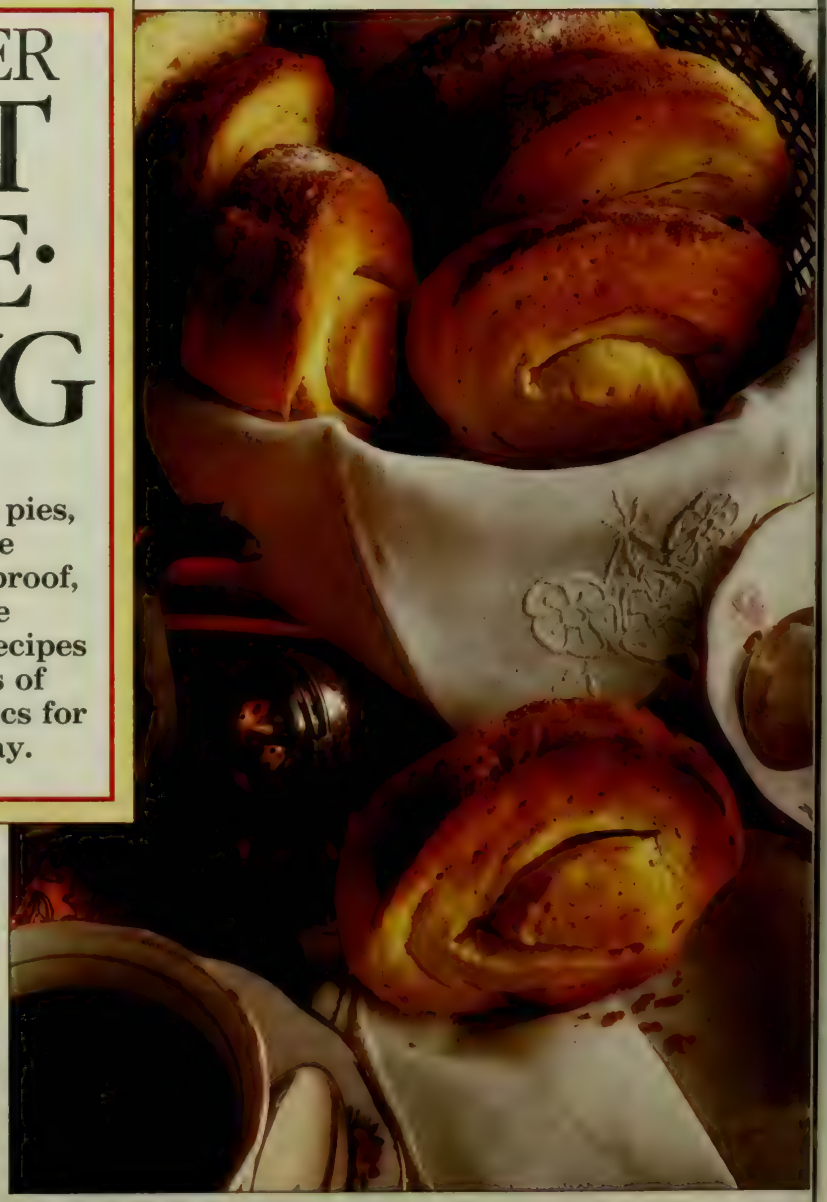


3. Punching dough down makes it easy to shape. Punch in the center first, then the sides of the dough.

REDISCOVER GREAT ·HOME· BAKING

By Nancy K. Wall

When it comes to baking pies, cakes, and breads, the basics never change. As proof, we dusted off antique cookbooks to bring you recipes that employ techniques of yesteryear. Use these basics for successful baking today.



POCKETBOOK ROLLS

According to the cookbook *La Cuisine Creole* of 1885, these irresistible rolls flecked with orange peel are shaped to resemble old-time pocketbooks. Just as the antique recipe says, these rolls are "very much liked" for tea or any special time with friends or family.

TIPS TO MOIST AND TENDER CAKES



1. Creaming butter and sugar gives tender texture. Cream the butter mixture till fluffy and sugar dissolves.



2. Beating well after each alternate addition of flour and milk combines the flour mixture and gives light structure.



3. Gently folding egg whites into the batter using an up-down-and-over motion yields increased volume.



CHEWY FUDGE "CARAMEL CAKE"

"Let all things be done decently and in order." That's the secret for perfect cakes according to *Buckeye Cookery and Practical Housecooking.* This example of a perfect cake gets its name from the fudge frosting. Follow our "orderly" steps to moist, tender cakes.

Recipes begin on page 131.
Buying information, page 188.

Photographs, top rows: Bill Hopkins, Hopkins Associates
Photographs, bottom: William Sladcik

TIPS TO DELICATE AND FLUFFY CREAM PUFFS



1. Adding flour all at once while cooking ensures quick blending. Beat vigorously to combine the flour and butter.



2. Cooking the dough till it forms a ball helps make a light pastry. The ball forms as the mixture pulls from the pan.



3. Beating in the eggs one at a time builds airy texture. Cool slightly before adding the eggs to prevent them from cooking.

REDISCOVER GREAT ·HOME· BAKING



NUN'S PUFFS

Cream puff batter that bakes like a popover best describes a Nun's Puff. The directions in this recipe, from the cookbook *Housekeeping in Old Virginia*, 1879, say the muffin-size treats are ready when they puff like balloons! Follow these tips when you make cream puffs, too.

TIPS TO RICH AND FLAKY PASTRY



1. Gently cutting in the shortening yields a tender, flaky pastry. Blend till the ingredients are the size of small peas.



2. Forming the dough into a ball makes it easy to handle. When the mixture is moistened, form a ball with a fork.



3. Preparing a top crust adds a decorative finish. Fold the dough in half, then make slits to form mirror images.



APPLE POT PIE

The earliest cookbooks, such as *La Cuisine Creole,* assure us that a pie's success lies in the pastry. Here, the pastry trimmings are used to make dumplings that bake inside a deep-dish pie. And like any old-fashioned dessert—this one is best when eaten with a spoon and a splash of cream!

Recipes begin on page 131.
Buying information, page 188.

PURE AND SIMPLE DAIRY GOODNESS YOU MAKE YOURSELF

Years ago, a cow in the backyard was as common as a pump at the kitchen sink. And young and old alike took a routine turn at making wholesome, homemade dairy products.

Today, you can discover the pleasure of making these basic foods with ease in your own kitchen. Without any special equipment, we'll show you how to make old-fashioned buttermilk, crème fraîche (a special treat not widely available), cottage cheese, and sour cream. Although we can't guarantee that these simple-to-make dairy products are cheaper than their commercial counterparts, we *can* guarantee their fresh, delicious flavors.



These easy-to-make dairy treats get their quick start from ingredients you already have on hand.

BUTTERMILK

No more leftover buttermilk! Prepare a quart, or just one cup, by doubling or halving this recipe. Commercial buttermilk serves as the starter for this tangy beverage—

2 cups skim *or* whole milk
2 tablespoons commercial buttermilk

Combine the skim milk and the commercial buttermilk, mixing well. Let stand, covered with plastic wrap, in a warm place (similar to where you would place bread to rise) for 16 to 24 hours or till thickened. Refrigerate in a covered container. Shake well or mix in blender container before using. Store in refrigerator for up to 2 weeks. Makes 2 cups.

To replenish: Use 2 tablespoons of your Buttermilk for commercial buttermilk.

CRÈME FRAÎCHE

This thickened soured cream is reminiscent of the French specialty made from raw cream that is allowed to mature naturally, but not to sour. Crème fraîche is great as a substitute for sour cream in cooking because it is less likely to curdle when added to hot mixtures. Or, serve it chilled over sliced fruits for a refreshing dessert—

2 cups whipping cream
¼ cup commercial buttermilk

In a small saucepan heat whipping cream to between 90° and 100°. Pour into small bowl. Stir in the buttermilk. Cover and let stand at room temperature for 18 to 24 hours or till mixture is thickened. Do not stir. Store in covered container in refrigerator up to one week. Makes 2 cups.

To replenish supply: Substitute ¼ cup of your Crème Fraîche for the buttermilk in this recipe.

COTTAGE CHEESE

You'll find the rennet tablets in the baking section of the grocery store—

¼ tablet rennet
½ cup water
1 gallon skim milk
¼ cup buttermilk
½ cup light cream

Crush rennet tablet and dissolve in the ½ cup water. In large stainless steel kettle or Dutch oven heat skim milk to 70°. Remove from heat and stir in the buttermilk and rennet tablet solution. Cover with towel; let stand at room temperature for 12 to 20 hours or till a firm curd forms. With a knife, cut curd into ½-inch pieces. Transfer curd and whey to large stainless steel bowl or saucepan that fits securely over a Dutch oven filled with 1 to 2 inches of water. Heat curd slowly over hot water till temperature reaches 120° to 130° (do not overheat). Hold curd at this temperature for 20 to 30 minutes. Stir gently every 5 minutes to heat curd uniformly. Pour mixture into fine cheesecloth-lined colander and allow whey to drain off. Occasionally shift curd on cloth by lifting corners of cloth. After the whey has drained (8 to 10 minutes), lift curd in cheesecloth and immerse in pan of cold water for 1 or 2 minutes. Then immerse in ice water for 1 to 2 minutes. Return curd in cloth to colander; drain the curd until it is free from moisture. (This could take several hours.) Put cheese in a bowl and gently stir in cream and ½ teaspoon *salt*. Cover and chill. Use within 3 weeks. Makes 4 cups.

HOMEMADE SOUR CREAM

2 cups light cream
2 tablespoons buttermilk

Combine cream with buttermilk in hot, clean glass jar with screw lid. (A canning jar that has been heated in boiling water works.)

Cover tightly and shake gently to thoroughly mix the buttermilk and the cream. Let stand in a warm place (similar to where you would place bread to rise) till thickened (24 to 48 hours). Store, covered, in refrigerator. Stir before serving. Use within 3 weeks. Makes 2 cups.

Photograph William Sladcik

Buying information, page 188.

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This is:



(a) big.....☐
(b) little.....☐
(c) all of the above....☐

It's true, Hershey's Kisses do look extremely (b). But all that rich milk chocolate tastes so very (a). So the correct answer is (c). Hershey's Kisses. They're only little until you taste them.

HERSHEY'S KISSES



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How to dress a delicious Vlasic® pickle.

Casual



Formal



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The best tasting pickle you ever heard. vlasic®

begins on page 124

Baking recipes

Our seal assures you that every recipe has been tested in and is endorsed by the Better Homes and Gardens® Test Kitchen.

How to Use Our Nutrition Information

Good nutrition seems to be on everyone's mind these days. To help you keep track of the calories, protein, fat, cholesterol, and sodium you consume each day, we've included the amounts of these nutrients by gram weight per serving for our recipes.

You also can check the vitamin and mineral content of each recipe—these are given in percentages of the United States Recommended Daily Allowance (USRDA) whenever the value exceeds 10 percent. The USRDAs are standards developed by the Food and Drug Administration. Use them as a guide to see how well each recipe meets your family's nutrition needs.

Put Nutrition Analysis to Work

The nutrition summaries with recipes can help you plan more healthful family meals. Start by looking at the essential nutrients each recipe provides. Then decide its importance to your diet in supplying protein, vitamins, minerals, and so forth.

To put the numbers in perspective, here are some simple guidelines based on daily needs of females, 23–50 years old: 2,000 calories; 45–65 grams protein; 85 grams fat; 300 milligrams cholesterol. (In general, males and teenagers need more calories.) Use these as ballpark figures—there's no real harm in going over or under these figures in any single day, but you should aim for a balanced diet overall.

continued

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INDULGE.

Baker's® introduces Chocolate Chunk cookies. They're the ultimate because chunks have more chocolate than chips.

CHOCOLATE CHUNK COOKIES

½ cup butter or margarine, at cool room temperature
½ cup sugar
¼ cup firmly packed brown sugar
1 tsp. vanilla
1 egg
1 cup all-purpose flour
½ tsp. baking soda
½ tsp. salt
2 pkgs. (4-oz. ea.) BAKER'S® GERMAN'S® Sweet Chocolate
or 1 pkg. (8-oz.) BAKER'S® Semi-Sweet Chocolate, cut into large ⅜-in. chunks*
1⅓ cups BAKER'S® ANGEL FLAKE® Coconut (optional)

Beat butter, sugars, vanilla and egg until light and fluffy. Mix flour with soda and salt; blend into butter mixture. Stir in chocolate chunks and the coconut. Chill 1 hr. Drop 2 in. apart by heaping tbsp. onto ungreased baking sheet. Bake at 350° 12 to 15 min., or until lightly browned. Cookies will be soft in center when done. Cool 2 min. before removing from sheet. Makes 2 doz. 3½-in. cookies.

GENERAL FOODS

*If desired, place an additional 4-oz. BAKER'S® GERMAN'S® Sweet Chocolate or BAKER'S® Semi-Sweet Chocolate chunks on tops of cookies before baking.



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BAKER'S® GREAT DESSERTS RUN IN OUR FAMILY.

continued

Baking recipes

We used these guidelines to figure the nutrition analysis of each recipe:

- When ingredient options appear in a recipe, the first ingredient choice is used for the analysis.
- Optional ingredients are omitted in the analyses.
- The nutritional analyses for recipes calling for fresh ingredients are calculated using the measurements for raw fruits, vegetables, and meats.
- If a recipe gives optional servings (such as "Makes 6 to 8 servings"), the nutrition analysis is calculated using the first choice.

POCKETBOOK ROLLS

Old-time bread recipes were based on softening the yeast first. We've updated this antique recipe using the easy-mix method. It eliminates yeast softening—

4 to 5 cups all-purpose flour
2 packages active dry yeast
1 cup milk
¾ cup sugar
3 tablespoons butter *or* margarine
1 teaspoon finely shredded orange peel
½ teaspoon salt
2 eggs
4 tablespoons butter *or* margarine, softened
1 beaten egg
1 tablespoon cooking oil
1 tablespoon sugar

In a large mixer bowl combine *2 cups* of the flour and the yeast. In medium saucepan heat the milk, sugar, the 3 tablespoons butter or margarine, orange peel, and salt just till warm (115° to 120°) and butter is almost melted; stir constantly. Add to flour mixture. Add the 2 eggs. Beat with an electric mixer on low speed for ½ minute, scraping sides of bowl constantly. Beat 3 minutes at high speed. Using a spoon, stir in as much of the remaining flour as you can. Turn dough out onto lightly floured surface. Knead in enough of the remaining flour to make a moderately soft dough (3 to 5 minutes total). Place in greased bowl, turning once to grease surface. Cover; let rise in warm place till nearly double (about 45 to 60 minutes). Punch down; divide in half. Cover; let rest 10 minutes. Roll each portion of dough into a 12x6-inch rectangle. Spread each rectangle with 2 *tablespoons* of the softened butter or margarine. Fold dough, lengthwise, into thirds; moisten and pinch seam to seal. Flatten dough slightly to a 3-inch width. Then cut, crosswise, into 1-inch slices. Place rolls, seam side down, in greased 15x10x1-inch baking pan. Cover; let rise till nearly double (about 30 to 45 minutes). Stir together the 1 beaten egg and oil. Brush over rolls; sprinkle with sugar. Bake in a 375° oven 15 to 18 minutes. Makes 24.

Per serving: 155 cal., 4 g pro., 23 g carbo., 5 g fat, 44 mg chol., 99 mg sodium. USRDA: 10% thiamine.

CHEWY FUDGE "CARAMEL CAKE"

1½ cups all-purpose flour
1 cup sifted cornstarch
1 tablespoon baking powder
1 cup butter *or* margarine

continued

FLEISCHMANN'S 60-MINUTE ENGLISH MUFFIN LOAF

WE GUARANTEE YOU CAN BAKE IT!

Say *good* morning with English muffins in a loaf. Make it in just 60 minutes, and toast it for a delicious way to start the day.

Call our Fleischmann's Yeast Hotline (1-800-932-7800) if you need any help. Fleischmann's, the all-natural, no preservatives yeast, guarantees good baking results with either Regular or RapidRise™. And if you're dissatisfied, send the empty packet(s) and grocery receipt to: P.O. Box 60, Department E, Teaneck, NJ 07666, and we'll send you a free strip of yeast.

60-MINUTE MICROWAVE ENGLISH MUFFIN LOAF

5 cups all-purpose flour
1 tablespoon sugar
2 teaspoons salt
¼ teaspoon baking soda
2 packages FLEISCHMANN'S RapidRise™ Yeast
2 cups milk
½ cup water
Cornmeal

Set aside 1 cup flour. In large bowl, combine remaining flour, sugar, salt, soda and yeast. Heat liquids until very warm (125°-130°F.). Add to dry mixture; beat well. Stir in reserved flour to make stiff batter. Spoon into two 8½ x 4½ or 9 x 5-inch loaf dishes that have been greased and sprinkled with cornmeal. Sprinkle tops with cornmeal. Cover; microwave on medium (50%) power 1 min. Let rest 10 min. Repeat cooking and resting, allowing dough to double in size. To bake, microwave each loaf separately on high (100%) power for 6 min., 30 sec. Surface of loaf will be flat and pale in color. Allow to rest in dishes 5 min.; remove and cool.

Regular Oven Directions: Prepare dough as above, using up to 1 cup extra flour to make a very stiff batter. Spoon into loaf pans or dishes. Cover; let rise in warm place 30 min. Bake at 400°F. for 25 min. Remove from pans immediately and cool.

To Use FLEISCHMANN'S Regular Active Dry Yeast: Prepare dough as above, using 3 cups flour in first mixing step. Stir in remaining flour to make desired batter. For microwave rising, repeat cooking and resting 3 times; for regular oven, let rise 45 min. Bake as directed above.

To Serve: Slice and toast. Makes 2 loaves.

For more easy recipes, send 50¢ for postage and handling to: English Muffin Recipes, P.O. Box 337, Department EM, Teaneck, N.J. 07666. Allow 4-6 weeks for delivery.

BUY TWO, GET ONE FREE

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continued

Baking recipes

2 cups granulated sugar
1 cup milk
7 egg whites
1 recipe Chewy Fudge Frosting

Grease and lightly flour two 9x1½-inch round cake pans or one 13x9x2-inch baking pan; set aside. Stir together flour, cornstarch, and baking powder. Set aside. In large mixer bowl beat butter or margarine on medium speed of electric mixer about 30 seconds. Add the granulated sugar; beat till well combined. Alternately add dry ingredients and the 1 cup milk, beating on low speed after each addition till just combined. Transfer batter to a large mixing bowl. Wash beaters. In another bowl beat egg whites till stiff peaks form (tips stand straight). Fold into batter till combined. Turn batter into prepared pan(s). Bake in 350° oven 25 to 30 minutes for the 9x1½-inch pans or 40 to 45 minutes for the 13x9x2-inch pan. Cool on wire rack for 10 minutes. Remove from pan. Cool thoroughly. Pour frosting over cake. Serves 12.

Per serving: 505 cal., 6 g pro., 76 g carbo., 21 g fat, 59 mg chol., 361 mg sodium. USRDA: 15% vit. A, 11% riboflavin, 10% phosphorus.

CHEWY FUDGE FROSTING

¼ cup butter *or* margarine
1 cup packed brown sugar
½ cup milk
2 squares (2 ounces) unsweetened chocolate, cut up
2 tablespoons light cream *or* milk
2 teaspoons vanilla

In heavy 1½-quart saucepan melt the butter or margarine. Add sugar; stir thoroughly. Add the ½ cup milk and chocolate; stir constantly till mixture boils. Cook over medium heat, stirring occasionally, to 245° (firm-ball stage), 20 to 30 minutes (mixture should boil gently over surface). Remove from heat; stir in cream and vanilla. Quickly pour and spread on cake.

NUN'S PUFFS

½ cup butter *or* margarine
1 cup milk
¾ cup all-purpose flour
4 beaten eggs
1 to 2 tablespoons sugar

Generously grease twelve 2½-inch muffin cups greasing well on edge and around top of the cup. In a 2-quart saucepan melt butter or margarine. Add milk; bring to boiling. Add flour all at once; stir vigorously. Cook and stir till mixture forms a ball that does not separate. Remove from heat; cool slightly, about 5 minutes. Add eggs, one at a time, beating with a wooden spoon after each addition for 1 minute or till smooth. Fill the prepared muffin cups half full; sprinkle with sugar. Bake in 375° oven for 40 to 45 minutes or till golden brown and puffy. Remove to rack; serve immediately. Serves 12.

Note: Nun's Puffs will fall slightly when removed from the oven.

Per puff: 141 cal., 4 g pro., 8 g carbo., 10 g fat, 111 mg chol., 124 mg sodium. USRDA: 11% vit. A.

APPLE POT PIE

One secret for tender, flaky pastry is measuring accurately. Too much flour

continued

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continued

Baking recipes

makes the pastry tough. Too much shortening makes pastry greasy and mealy. Too much water makes pastry tough and soggy—

2 cups all-purpose flour
½ teaspoon salt
⅔ cup lard *or* shortening
6 to 7 tablespoons cold water
12 medium cooking apples, peeled, cored, and quartered
½ cup sugar
½ cup water
¼ cup raisins
2 tablespoons molasses
1 tablespoon butter *or* margarine
1 tablespoon all-purpose flour
1 teaspoon ground cinnamon
¼ teaspoon ground mace
⅛ teaspoon ground ginger
Milk
Sugar

In a medium mixing bowl stir together the 2 cups flour and salt. Cut in lard or shortening till pieces are the size of small peas. Sprinkle *1 tablespoon* water over part of mixture; gently toss with a fork. Push to side of bowl. Repeat with remaining water till all is moistened. Form dough into a ball.

Set aside one third of the dough. On a floured surface flatten the remaining dough with hands. Roll dough from center to edge, forming a shape 1 inch larger than a deep 2-quart casserole. Fold pastry in half. Cut decorative slits in the fold for escape of steam. Roll remaining third of dough ¼ inch thick; cut into 1-inch squares for dumplings.

In a 3-quart saucepan combine apples, the ½ cup sugar, water, raisins, molasses, butter or margarine, the 1 tablespoon flour, and spices. Cook and stir till slightly thickened and bubbly. Pour into the casserole. Drop dumplings atop hot fruit. Stir. Cut decorative slits into top pastry. Gently place crust on top of fruit; trim top crust ½ inch beyond edge of casserole. Fold under extra pastry. Brush pastry with milk; sprinkle sugar atop. Bake in a 375° oven for 30 to 35 minutes or till crust is golden. Serve warm in individual dishes; pass light cream. Serves 6 to 8.

Per serving: 372 cal., 3 g pro., 57 g carbo., 16 g fat, 17 mg chol., 125 mg sodium. USRDA: 15% thiamine.





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FOOD

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Prize Tested Recipes

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Hints To Help You

Special Chicken Entrées: Recipes based on fresh, frozen, or canned chicken qualify. Does your recipe feature stuffing? Does it cook in the microwave oven? **Tips: crispy cheese chicken, chicken cassoulet, roasted sesame wings.**

Pear Desserts: Your chilled, baked, or frozen dessert may highlight fresh, canned, or dried pears. Is your specialty a shortcut shortcake, a spectacular tart, or a luscious pear sauce? **Hints: creamy pear parfaits, pear meringue torte, cream puffs with praline-pear sauce.**

This Month's Winners

(See recipes on pages 143 and 144.)

Cooks of the Month
Pat Nelson, Moncks Corner, S.C.
Joan Romney, Bountiful, Utah

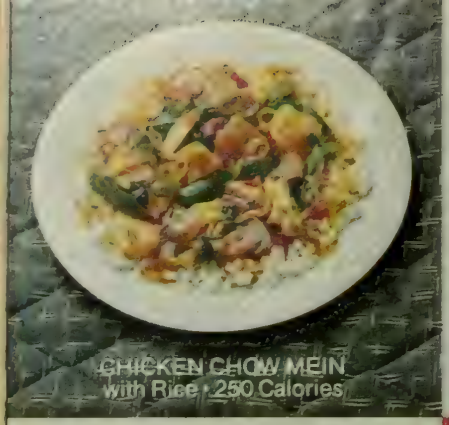
Runners-Up
Mrs. Paul O'Donoghue, Bay Village, Ohio
Debbie Vanni, Libertyville, Ill.

Honor Roll
Lynn Diehl, South Lake Tahoe, Calif.; Mary L. Erickson, Madison, Wis.; Deborah Ewer, Quakertown, Pa.; Mrs. Everett W. Miner, Bloomfield, Conn.; Marian Post, Scipio Center, N.Y.; Mrs. Pat Smith, Portland, Oreg.

Contest Rules

1. Clearly write your name, address, and recipe marked "October Special Chicken Entrées" or "October Pear Desserts." **2.** Specify brand names of products you use. **3.** Include 50 to 100 words about recipe's origin. **4.** If recipe is purchased, you give Meredith Corporation the right to use it in any manner as long as we wish. **5.** Entries must be postmarked by midnight, March 31, 1985. For duplicates, we will judge the one earliest postmarked. **6.** We reserve the right to adjust and edit winning recipes. **7.** Send to 8510 Foods Department, Better Homes and Gardens, Des Moines, IA 50336. **8.** Entries become property of Meredith Corporation.


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LAND O LAKES
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UNSALTED (Sweet) BUTTER



CHICKEN CHOW MEIN
with Rice • 250 Calories



ZUCCHINI LASAGNA
260 Calories



CHEESE CANNELLONI with
Tomato Sauce • 270 Calories



BEEF & PORK CANNELLONI
with Mornay Sauce •260 Calories



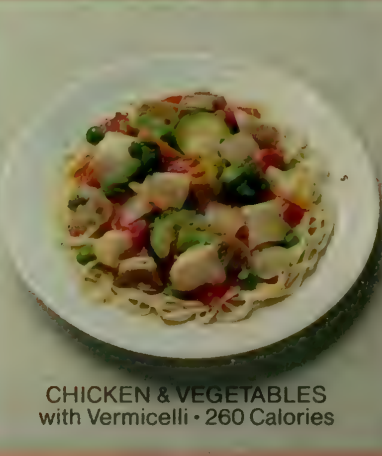
SPAGHETTI with Beef and
Mushroom Sauce • 280 Calories



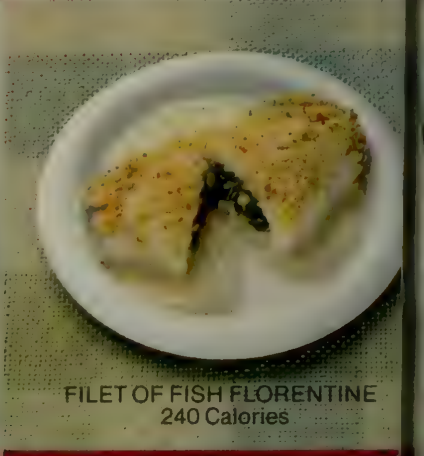
GLAZED CHICKEN with
Vegetable Rice • 270 Calories



SALISBURY STEAK with Italian-Style
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240 Calories





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Knorr® Leek Soup. Creamy. Silken. Fragrant with fresh cooked leeks. And very special leeks they are. Plump. Pale. Succulent.

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☐ Hearty Minestrone ☐ Asparagus ☐ Country Barley ☐ Vegetable ☐ Mushroom ☐ Beefy Vegetable ☑ Leek ☐ French Onion

File under Cookies

$100 WINNER
Joan Romney,
Bountiful, Utah



Best-Ever Bar Cookies

Tropical Fruit Bars

Serve these moist and oh-so-tangy bars with milk for an after-school or after-work snack—

- 1 cup boiling water
- ½ cup finely snipped dried apricots *or* papaya
- 1 cup all-purpose flour
- ½ teaspoon baking powder
- ¼ teaspoon baking soda
- ¼ cup butter *or* margarine
- ½ cup packed brown sugar
- 1 egg
- ½ teaspoon finely shredded lime peel
- 1 tablespoon lime juice
- ½ cup milk
- ½ cup finely chopped walnuts
- 1 recipe Lime Frosting

Pour boiling water over dried fruit to cover; let stand 5 minutes. Drain and set aside. Stir together the flour, baking powder, and soda. In a small mixer bowl beat butter or margarine for 30 seconds. Add brown sugar; beat till fluffy. Add the egg, lime peel, and juice; beat well. Add dry ingredients to beaten mixture alternately with milk. Fold in walnuts and fruit. Spread evenly in a greased 12x7½x2-inch baking pan. Bake in a 350° oven for 20 to 25 minutes or till done. Cool on wire rack. Frost with Lime Frosting. Cut into bars to serve. Makes 28.

Lime Frosting: In a small mixer bowl beat together 1½ cups *sifted powdered sugar*, 1 tablespoon softened *butter* or *margarine*, 1 tablespoon *lime juice*, and ¼ teaspoon *finely shredded lime peel* (optional). Add enough *milk* (about 1 tablespoon) to make of spreading consistency.

File under Meat

$100 WINNER
Pat Nelson,
Moncks Corner, S.C.



Ham Main Dishes

Heritage Ham Pastries

During the summer, Pat substitutes finely shredded carrot for the winter squash—

- 2 eggs
- ⅓ cup milk
- 1½ cups soft whole wheat bread crumbs (2 slices)
- 1 cup finely chopped celery
- 1 cup peeled and shredded butternut squash
- ½ cup finely chopped onion
- 1 teaspoon prepared horseradish
- 1 teaspoon soy sauce
- ¼ teaspoon pepper
- ¾ pound ground fully cooked ham
- 1 10-ounce package (6) frozen patty shells, thawed
- Milk *or* beaten egg

Combine the 2 eggs and milk; stir in crumbs, celery, squash, onion, horseradish, soy sauce, and pepper. Add the ham; mix well. Divide meat mixture into 6 portions. Shape into patties about 3½ inches in diameter. Place on greased baking sheet. On floured surface, roll each patty shell into a 6-inch circle. Drape each pastry circle over a ham patty. Lightly flute edges. Using a sharp knife, lightly score a design in top of pastry, if desired. Brush each with milk. Bake in a 400° oven about 20 minutes or till golden brown. Serve immediately. Makes 6 servings.





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File under Meat

$50 WINNER
Mrs. Paul O'Donoghue,
Bay Village, Ohio



Ham Main Dishes

Ham Linguine Florentine

Chopped spinach makes a colorful, nutritious bed for this festive entrée—

- ½ cup slivered almonds
- 1½ cups sliced mushrooms (4 ounces)
- ¾ cup chopped onion
- 3 tablespoons butter *or* margarine
- 3 tablespoons cooking oil
- 3 tablespoons all-purpose flour
- ¾ teaspoon dried thyme, crushed
- 1 13¾-ounce can beef broth
- ¾ cup light cream *or* milk
- ¾ pound fully cooked ham, cut into julienne strips (1½ cups)
- ½ cup snipped parsley
- 3 tablespoons Dijon-style mustard
- 6 ounces linguine, cooked
- 8 ounces spinach, coarsely chopped

In a heavy 12-inch skillet brown almonds over medium heat about 5 minutes or till golden, stirring constantly. Remove from skillet; set aside. In same skillet cook mushrooms and onion in butter or margarine and oil till onions are tender but not brown. Stir in the flour and thyme. Add the beef broth and cream all at once. Cook and stir over medium heat till thickened and bubbly. Cook and stir 1 minute more. Stir in *¼ cup* of the almonds, the ham, parsley, and the mustard. Stir in the hot cooked linguine. Place chopped spinach on platter or individual dinner plates and top with hot linguine mixture. Sprinkle with the remaining almonds. Makes 6 servings.

Buying information, page 188

File under Cookies

$50 WINNER
Debbie Vanni,
Libertyville, Ill.



Best-Ever Bar Cookies

Chocolate Pecan-Pie Bars

Debbie created this Southern-style bourbon-flavored bar cookie after tasting a similar version at a restaurant—

- 1¼ cups all-purpose flour
- ¼ cup granulated sugar
- ½ teaspoon baking powder
- ½ teaspoon ground cinnamon
- ½ cup butter *or* margarine
- 1 cup finely chopped pecans
- ¼ cup butter *or* margarine
- 1 square (1 ounce) semisweet chocolate
- 3 beaten eggs
- 1¼ cups packed brown sugar
- 2 tablespoons bourbon *or* water
- 1 teaspoon vanilla

In a mixing bowl stir together flour, granulated sugar, baking powder, and cinnamon. Cut in the ½ cup butter or margarine till mixture resembles coarse crumbs. Stir in pecans. Press into bottom of an ungreased 13x9x2-inch baking pan. Bake in a 350° oven for 10 minutes. Meanwhile, in a small saucepan combine the ¼ cup butter and chocolate; heat and stir over low heat till chocolate is melted. In a small mixing bowl combine the eggs, brown sugar, bourbon or water, and vanilla. Stir mixture till well blended; pour over crust. Return to oven. Bake 20 minutes more or till set. Cool on wire rack. Cut into bars. Makes 36.

Photographs: Scott Little



PRESENTING
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Chicken Divan

1 ½	cups cooked cut-up chicken	1	can (10¾ oz.) condensed cream of chicken soup
2	tsp. oil	1 ½	cups MINUTE® Rice
1	cup water	1	tbsp. grated Parmesan cheese
1	tbsp. dry sherry wine		
1	pkg. (10 oz.) BIRDS EYE® Deluxe Broccoli Florets		

Brown chicken lightly in oil. Add water, wine, broccoli and soup. Bring to a full boil, separating broccoli pieces. Stir in rice. Cover, remove from heat and let stand 5 minutes. Sprinkle with cheese. Makes 4 servings.

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GENERAL FOODS

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1,000 Third Prizes: shopping totes
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GREAT TASTES *of* AMERICA SWEEPSTAKES



Boston Dill Sauce

- ½ cup KRAFT Real Mayonnaise
- ½ cup sour cream
- ⅓ cup drained shredded cucumber
- ½ teaspoon dill weed

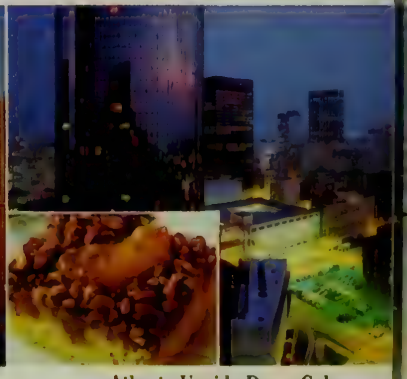
Combine ingredients; mix well. Chill. Serve with fish.
1¼ cups



Chicago Deep-Dish Pizza

- 1 1-lb. loaf frozen white bread dough, thawed
- 1 lb. ground beef
- ¼ cup chopped onion
- 1 16-oz. can tomatoes
- 1 6-oz. can tomato paste
- ⅓ cup (1½ ozs.) KRAFT Grated Parmesan Cheese
- 1 teaspoon dried oregano leaves, crushed
- 1 teaspoon dried basil leaves, crushed
- 1 teaspoon fennel seed
- 2 6-oz. pkgs. KRAFT Natural Low Moisture Part-Skim Mozzarella Cheese Slices

On lightly floured surface, let dough stand at room temperature 1 hour. Brown meat; drain. Add onion; cook until tender. Stir in tomatoes, tomato paste, parmesan cheese and seasonings; simmer 15 minutes. Roll dough to 15 x 11-inch rectangle; press onto bottom and 1-inch up sides of greased 13 x 9-inch baking pan. Cover with half of mozzarella cheese and meat sauce; repeat layers. Bake at 425°, 20 minutes. Sprinkle with additional parmesan cheese, if desired. Let stand 15 minutes before serving. 8 servings



Atlanta Upside-Down Cake

- ¼ cup PARKAY Light spread
- ½ cup packed brown sugar
- 1 8¾-oz. can peach slices, drained
- ½ cup chopped pecans

• • •

- ⅓ cup PARKAY Light spread
- ½ cup granulated sug
- 1 egg
- ½ teaspoon vanilla
- 1 cup flour
- 1½ teaspoons baking po
- ½ teaspoon salt
- ½ cup milk

Combine spread and brown sugar, mixing until well ble Spread onto bottom of 8-inch square pan. Arrange peache brown sugar mixture; sprinkle with pecans.

Beat spread and granulated sugar until light and fluffy. I in egg and vanilla. Add combined dry ingredients alternat with milk, mixing well after each addition. Carefully pour peaches. Bake at 350°, 45 minutes or until wooden pick inserted in center comes out clean. Immediately invert o serving plate; serve warm. 6 to 8 ser



San Antonio Enchiladas

- ¾ cup chopped onion
- 2 tablespoons PARKAY Margarine
- 1 8-oz. jar mild taco sauce
- 2 cups chopped cooked chicken
- 1 teaspoon chili powder
- 12 tortillas
- Oil
- 1 8-oz. jar CHEEZ WHIZ Pasteurized Process Cheese Spread
- ⅓ cup pitted ripe olive slices

Sauté onions in margarine. Reserve ¼ cup taco sauce. Add remaining taco sauce, chicken and chili powder to onion mixture; heat thoroughly, stirring occasionally. Dip tortillas in hot oil; drain. Spoon 2 tablespoons chicken mixture onto each tortilla; roll up tightly. Place in 13 x 9-inch baking dish; cover with combined process cheese spread and olives. Top with reserved taco sauce; cover with foil. Bake at 350°, 25 minutes. 6 servings

Variation: Substitute 4-oz. can chopped green chilies, drained, for olives.



Mackinac Island Omelet & Strawberry Conserve

- 4 eggs, separated
- 2 tablespoons milk
- ¼ teaspoon salt
- 2 tablespoons PARKAY Margarine
- 6 VELVEETA Slices Pasteurized Process Cheese Spread
- ½ cup KRAFT Strawberry Preserves
- 2 tablespoons sliced almonds, toasted

Beat egg whites until stiff but not dry. Beat combined egg yolks, milk and salt until thick and lemon colored; fold into egg whites. Melt margarine in 10-inch ovenproof skillet over low heat. Add egg mixture; cook over low heat 5 minutes or until underside is golden brown. Bake at 325°, 12 to 15 minutes, or until knife inserted in center comes out clean. Remove from oven. Make a deep crease across center of top. Place process cheese spread on half of omelet; continue baking until process cheese spread begins to melt. Slip spatula underneath, tip skillet to loosen and gently fold in half. Combine preserves and almonds; heat thoroughly, stirring occasionally. Serve with omelet. 4 servings



San Francisco Salad

- 1½ qts. torn assorted greens
- 6 LIGHT N' LIVELY American Flavored Singles Pasteurized Process Cheese Product, cut into strips
- 1 cup cooked chicken or turkey strips
- 1 medium avocado, peeled, sliced
- 1 medium tomato, cut into wedges
- 4 crisply cooked bacc slices, crumbled
- ½ cup alfalfa sprouts
- KRAFT Buttermilk Creamy Reduce Calorie Dressing

Place greens on serving platter, top with all remaining ingredients except dressing. Serve with dressing.
6 to 8 servin

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FFICIAL RULES (NO PURCHASE NECESSARY)

To enter, use this official entry form or the forms found participating supermarkets with KRAFT "Great Tastes America" Recipe Folders on display. Hand-print your me and address with zip code on an official entry form. sure to vote for your choice of one of the 6 recipes by ecking the ballot box on this entry to qualify for the and Prize associated with that recipe. Note that if your try is the first winner drawn in this recipe category, you ll win the Grand Prize trip associated with this recipe. o include the UPC code from any size package of any one the following participating Kraft products: Velveeta slices, ht n' Lively singles, Cheez Whiz process cheese spread, aft grated cheese, Kraft marshmallows, Parkay spread, aft real mayonnaise, Kraft pourable dressings and Kraft ns, jellies and preserves.

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nd-print your name and address with zip code, the ipe you're voting for and the words "KRAFT Great tes of America" on a 3"x 5" paper.

ter as often as you wish, but mail each entry sepa- ely via first class mail to:

KRAFT "Great Tastes of America" Sweepstakes
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echanically reproduced entries will not be accepted. eepstakes starts February 14, 1985; ends May 1, 1985. tries must be received by closing date. Kraft not respon- le for lost, late or mishandled mail.

Winners will be drawn by Product Exposure, Inc., an dependent judging firm from all qualifying entries ceived, as follows: Grand Prizes: The first entry drawn random in each of the 6 recipe categories, as deter- ned by the recipe voted for, wins the trip associated th that recipe. The First, Second and Third Prize win- rs will be drawn at random and prizes awarded in scending order. Judges' decision is final on all matters ating to Sweepstakes execution. Number of qualifying be held on May 14, 1985. Winners will be notified by mail no later than June 14, 1985. One prize per household. *All prizes will be awarded*

3. Prizes: 6 Grand Prizes are (A). Boston, MA Holiday plus $5,000 cash; (B). Atlanta, GA Holiday plus $5,000 cash; (C). Mackinac Island, MI Holiday plus $5,000 cash; (D). Chicago, IL Holiday plus $5,000 cash; (E). San Antonio, TX Holiday plus $5,000 cash and (F). San Francisco, CA Holiday plus $5,000 cash. All trips are for 4 persons (winner and 3 companions) for one week (6 nights, 7 days) and include round trip air and ground transportation between winner's hometown and destination and two double room hotel accommodations. Value of Grand Prize: up to $10,000 ea. 10 First Prizes are $1,000 cash ea.; 100 Second Prizes are $100 cash ea.; 1,000 Third Prizes are Deluxe Canvas Shopping Totes. Value $10.00 ea.

4. Entries become the property of Kraft, Inc. None will be returned. No correspondence will be acknowledged or entered into. By entering, winners consent to the use of their names and or likenesses for promotional purposes without additional compensation.

5. Sweepstakes open to U.S. residents of legal age. $7,500 cash may be substituted for each Grand Prize at winner's option; otherwise no prize or cash substitutions or transfers. If a prize is not available at Sweepstakes end, a substitution of equal or greater value will be made at sponsor's option. Grand Prize trips must originate in the U.S.A. Void where restricted or prohibited by law. All Federal, State and Local income taxes, if any, are the responsibility of the individual winners whose names appear on the entry form. Employees of Kraft, Inc., its affiliates, advertising and promotional agencies, judges and their immediate families living in the same household are not eligible. Proof of eligibility, release and indemnity may be required. In the event of non-compliance

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- ☐ Chicago Deep-Dish Pizza
- ☐ Atlanta Upside-Down Cake
- ☐ Mackinac Island Omelet

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21000 600656

15¢ 15¢

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Save 20¢

when you buy one 12-oz. or larger package of VELVEETA Slices Pasteurized Process Cheese Spread

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KRAFT NA5-03

21000 200291

20¢ 20¢

MANUFACTURER'S COUPON | **EXPIRATION DATE: 12/31/85**



Save 15¢

when you buy one package any size or variety of PARKAY Spread

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Offer Expires: 12/31/85
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KRAFT A5-7

21000 600169

15¢ 15¢

MANUFACTURER'S COUPON | **EXPIRATION DATE: 12/31/85**



Save 10¢

when you buy one jar any size or variety of KRAFT Jams, Jellies or Preserves

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Offer Expires: 12/31/85
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KRAFT B5-1

21000 601027

10¢ 10¢

MANUFACTURER'S COUPON | **EXPIRATION DATE: 12/31/85**



Save 15¢

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Offer Expires: 12/31/85
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KRAFT PA5-5

21000 200895

15¢ 15¢

MANUFACTURER'S COUPON | **EXPIRATION DATE: 12/31/85**



Save 15¢

when you buy one bottle any size or variety of KRAFT Pourable Salad Dressing

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Offer Expires: 12/31/85
ONE COUPON PER ITEM PURCHASED—REDEEM PROMPTLY

KRAFT K5-1

21000 601779

15¢ 15¢

Diet and Health

How To Beat The Lunch Box Blahs

Q. My kids are bored with the usual sandwich and fruit at noontime. Any suggestions?

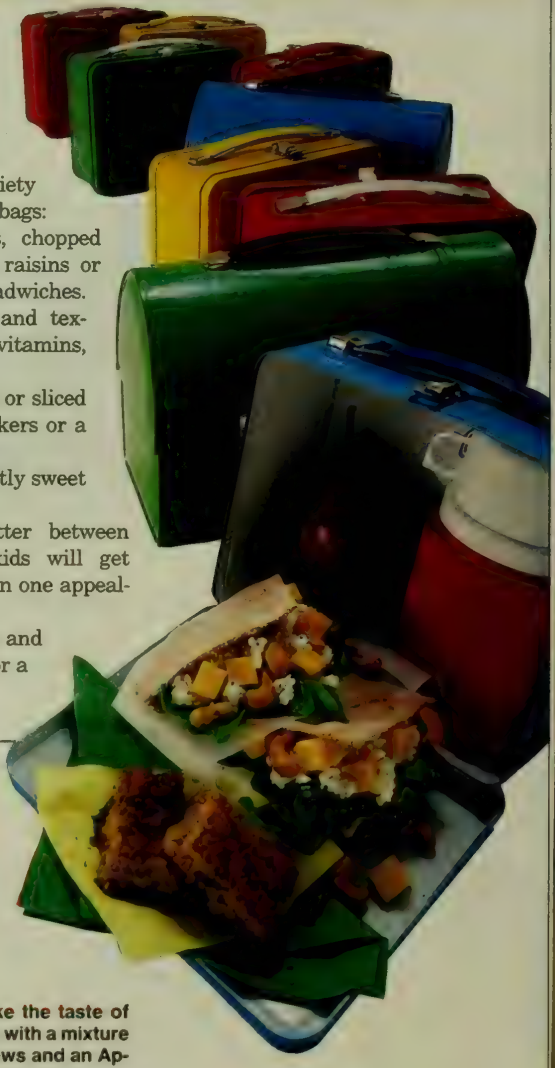
N. Wood, Louisville, Ky.

A. It's easy to fall into a rut when packing lunches every day. But, a little imagination coupled with nutrition tricks can turn a lunch box into a healthful surprise package.

First, base lunch choices on the Four Food Groups. Up to age 9, children need two to three servings of dairy products daily; children ages 9 to 12 need three servings; and teenagers need four servings (one serving equals 1 cup milk, ½ cup yogurt, or 2 ounces cheese). All kids need two servings of protein (2 to 3 ounces meat, poultry, peanut butter, or beans); two servings each of fruits and vegetables; and three to four servings of bread or cereal.

Here are some healthful ideas for putting variety into your family's brown bags:

- Add shredded carrots, chopped broccoli, alfalfa sprouts, raisins or other dried fruits to sandwiches. Besides boosting flavor and texture, they provide extra vitamins, minerals, and fiber.
- Tuck in a bag of cubed or sliced cheese and assorted crackers or a muffin.
- Pack granola for a lightly sweet accompaniment.
- Sandwich peanut butter between two oatmeal cookies—kids will get their cereal and protein in one appealing package.
- Roll up sliced cold cuts and cheese in flour tortillas for a Mexican-American brown bag novelty.



Parents like the goodness and kids like the taste of this totable lunch: a pita sandwich filled with a mixture of cottage cheese, cheddar, and cashews and an Apple Snack Bar.

Brown Bag Safety

Packing mayonnaise was always a no-no. But the verdict has changed. Commercial mayonnaise is safe—it's slow to spoil. When "mayo" is mixed with egg or meat, pack it in ice.

APPLE SNACK BARS

- 1 cup whole wheat flour
- 1 cup quick-cooking rolled oats
- ¾ teaspoon baking soda
- ½ teaspoon ground cinnamon
- 1 8½-ounce can (1 cup) applesauce
- ½ cup honey
- ⅓ cup cooking oil
- 1 teaspoon vanilla
- 1 6-ounce package chopped mixed dried fruit
- ½ cup chopped nuts
- ¾ cup crushed bran flakes
- 2 tablespoons butter *or* margarine, melted

Grease a 13x9x2-inch baking pan. Combine flour, oats, soda, and spice. Combine the applesauce, honey, oil, and vanilla; stir into the dry ingredients. Stir in fruit and nuts. Combine bran and butter; sprinkle *half* over bottom of pan. Drop batter over bran; spread evenly. Sprinkle with the remaining bran mixture. Bake in 350° oven 25 to 30 minutes. Cool. Cut into bars. Makes 28.

Per bar: 125 cal., 2 g pro., 20 g carbo., 5 g fat, 3 mg chol., 36 mg sodium.

Photograph: William M. Hopkins, Hopkins Associates

Are you confused about what you should eat? Have you discovered ways to serve your family healthful foods? Send your nutrition questions, recipes, and/or tips to us at Diet and Health, P.O. Box 7, Des Moines, IA 50336. We will pay $25 for each idea accepted for publication and reserve the right to shorten or otherwise edit all copy. No materials will be acknowledged or returned. If the idea you submit is purchased, you give Meredith Corporation the right to use it in any manner and for as long as we wish. We do not accept any previously published materials.



Dole® Fruit 'N Juice™ Bars aren't just for fun.

They're for real.

Real Fruit.
Real Juice.
Real Good.

What a refreshing way to eat fruit.™



begins on page 101

100 Ideas

1. FLAG GATE, page 101

Materials: ● 42×22¾×¾-in. marine plywood ● six 6 ft.×1¾-in. lattice ● 1 in. finish nails ● 12×12×½-in. pine ● 1 pr. strap hinges ● eye-and-hook latch ● two 4-in. wood balls ● 10 ft. 4×4-in. post ● red, white, and blue acrylic paints.

Instructions: Cut post in half. Drill hole in top of each. Screw wood balls into posts. Thin white paint with water to make whitewash. Paint posts.

On plywood draw 12¼×14-in. blue field in upper left corner. Thin blue paint and apply to field. Draw thirteen 1¾-in.-wide stripes on plywood.

From lattice cut: three 42-in. and four 27¾-in. pieces for red stripes; two 42-in. side framing; two 22¼-in. top and bottom framing. Thin red paint. Paint all but top and bottom framing strips red. Whitewash remaining two strips.

Enlarge star pattern (*above right*). Cut out and whitewash 13 stars. Glue and nail in circle on blue field.

Whitewash remainder of plywood. Nail red stripes in place. Nail framing pieces in place.

Attach hinges on gate back and left post. Attach eye and hook latch to gate and right post.



one square = 1½″

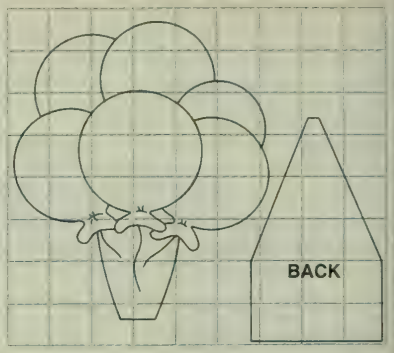
2. DOOR KNOCKER, page 102

Finished size is 6×7×⅜ in.

Materials: ● 1½ ft. 12×½-in. pine ● No. 1 clip ● wooden letters and decorative accents ● hinge ● screws ● 2 adhesive-backed hangers ● glue ● paint.

Instructions: Enlarge and transfer pattern (*above right*) to pine. Cut out knocker and triangle. Hinge triangle to knocker back. Paint design. Screw clip to bottom front of balloons. Glue letters to balloons and wooden accent to clip.

Attach hangers to triangle back at top and bottom and to door.



one square = 1″

3. CEILING LIGHT, page 102

Materials: ● 30×6×13/16-in. red oak ● stained glass ● glue ● ¼-in. wood dowel ● electrical parts: ceiling box, strap mounting, ½-in.-dia.×2-in. threaded pipe, brass washer, lock washer, porcelain socket, electrical wires ● 5-in. round electrical bulb.

Instructions: Cut, round, and miter 4 base pieces (see drawing *opposite*). Glue and clamp base together.

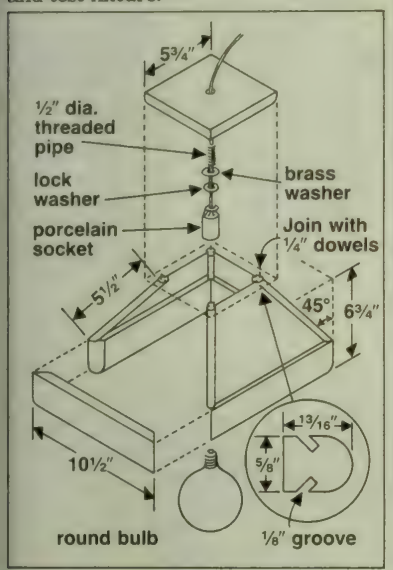
Cut 4 diagonal supports. Cut grooves by running pieces over ⅛-in. table saw blade tilted at 45 degrees. Round outside edges using router and corner rounding bit. Cut out top. Round bottom edges. Drill hole for pipe.

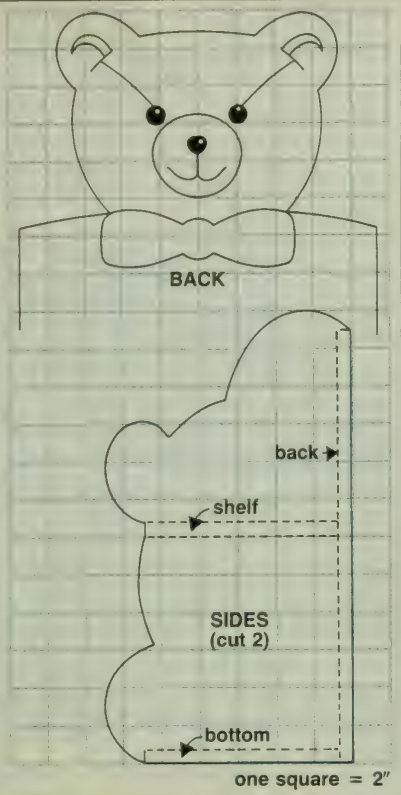


Sand. Stain and finish all pieces. Dowel pin supports to top.

Fit stained glass into frame. Dowel pin base to supports over glass.

Attach electrical parts to top. Disconnect power and hang light fixture. Screw bulb into socket. Restore power and test fixture.





4. BEAR BOOKSHELF, page 102

Finished size is 21×14×34½ in.

Materials: ●16 ft. ¾-in pine ●twenty 1¼-in. wood screws ●black, white, and red acrylic paints ●varnish.

Instructions: Edge glue pine boards to width for sides and back. Cut sides, back and shelves following drawing (*left*). On sides rout ½×¾-in. channel for shelves. At side back edges, rout ½×¾ in. to fit back into sides.

Glue and screw back to sides. Glue and screw shelves in place. Sand.

Paint bear face following drawing (*left*). Varnish.

6. ICE SCULPTURE WINE BUCKET, page 103

Materials: ●21-cup round plastic container ●plastic or real grape leaves ●red grapes ●cold water ●ice cubes ●vinegar bottle ●dried beans or small rocks.

Instructions: In container bottom place a layer of ice cubes. Position vinegar bottle filled with beans in center. Arrange grape leaves and grapes around edge adding more ice cubes to hold arrangement in place. Fill container with ice cubes. Add water until container is almost full. Freeze till firm. To unmold, empty vinegar bottle and fill with tepid water. Remove bottle. Dip container in hot water for several seconds. Invert

continued

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you forget the fiber.

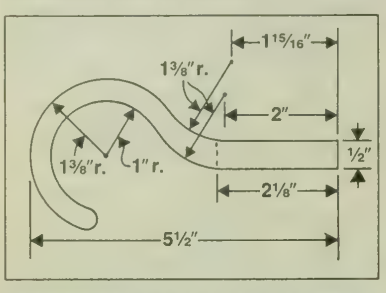
GENERAL FOODS

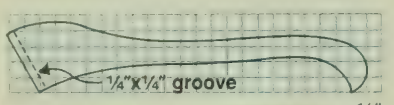
© 1984 General Foods Corporation.



100 Ideas

and remove container. Place upright on shallow dish or platter.





one square = 1/2"

7. WOODEN COAT HANGER, page 103

Materials: ● two 12×3×¾-in. pieces clear aromatic cedar ● 6×3×¼-in. aircraft plywood ● glue ● varnish.

Instructions: Enlarge pattern (*above*). Make cardboard template for hanger and hook.

On cedar make 30-degree angle cut on one end. Lay hanger pattern on board with straight edge flush with cut. Cut out piece. Repeat, flopping template for second side. Using router and ¼-in. rounding over bit, round off top edges. Cut ¼ × ¼-in. groove in center of each straight end.

From plywood cut hook. Sand edges to slightly rounded. Glue hanger together with hook sandwiched in center. Let glue dry. Sand. Varnish hook area only. Rub entire hanger and hook with steel wool and polish with cheesecloth.

8. HANGING OAK BREAD BOX, page 103

Materials: ● 8 ft. 12×½-in. red oak ● nails ● ⅛-in. oak plywood scrap ● glue ● varnish ● oil.

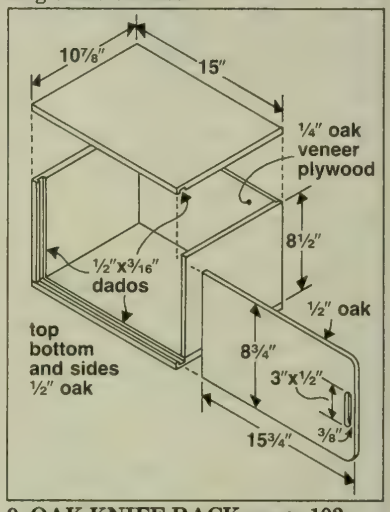
Instructions: Belt-sand both sides of red oak. Cut pieces. Dado front top edge, bottom, and left end for door stopping ¼ in. from left end of top and bottom and both edges of left end. Rout or chisel radius at stopping points. Rout back edges ⅛ in. for back panel.

Glue and nail box together using butt joints with ends positioned between top and bottom.

From oak plywood cut piece to fit inside back. Glue and nail to unit. Set nails and sand smooth.

On door, slightly round all corners and cut slot for pull. Sand.

Finish unit leaving door back and edges unfinished. Oil door back for cutting board surface.



9. OAK KNIFE RACK, page 103

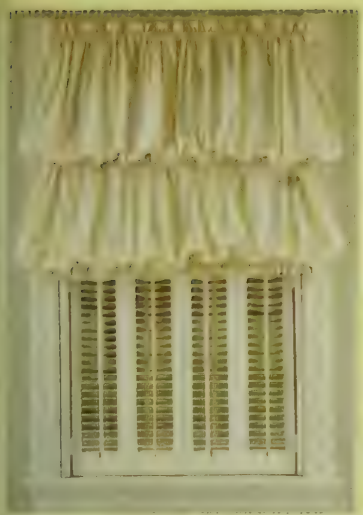
Materials: ● 6 ft. 1×6-in. red oak ● ½-in. oak dowel ● glue ● oil finish.

Instructions: Make a cardboard template for knife positions same size as rack top.

continued on page 153



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STOCKBRIDGE VILLAGE PRINT . . . the small print is quite neat and very relaxed . . . from Waverly's Red Lion Inn collection. 100% cotton with cotton/polyester insulating lining. 88" wide per pair. Choose rose, parchment (shown), or hudson blue. 25" long, $54 pr; 30" long, $58 pr; 36" long, $64 pr; 40" long, $67 pr; 45" long, $72 pr. Other sizes available. Please send for prices.



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Because a medium-sized potato* has only about 110 calories—fewer than any of the foods mentioned above. Even with a pat of butter, it's still under 150.

Plus, a potato is 99.9% fat free. And 100% cholesterol free.

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*150 grams, round type, boiled in skin. Source: "Nutrition Labeling, Tools For Its Use," USDA Bulletin No. 382. 1983–84 National Consumption Study.

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Margaret Daly

TAXES

YOU CAN PAY LESS—HERE'S HOW!

After you've looked over your return for the last time—look again. There are lots of legal loopholes many people miss. If you're not sure, consider hiring a pro to help. Under present law, the fee's deductible for 1985.

Have you made the most of your IRA?

You have until April 15 to contribute to an Individual Retirement Account and deduct the contribution from your income on your 1984 return. The basic rules: Anyone under age 70½ who works can put his or her full earnings up to $2,000 into an IRA—and an additional $250 for a nonworking spouse. Even if you've already opened an IRA for '84, you can add to it now, up to the maximum allowed.

Tax Tip: You might even borrow the IRA money: The interest on the loan will be a tax deduction for 1985, and your investment accrues tax-free until you withdraw the funds. (You'll be penalized 10 percent as well as pay immediate tax on any funds you withdraw before age 59½.)

Are you a working couple?

Then be sure you benefit fully from the "marriage penalty deduction." (Many couples forget this relatively new tax break.) Whether or not you itemize, you're allowed a deduction of up to 10 percent of the lower income. The maximum deduction is $3,000—a saving of $1,200 for a couple in the 40-percent bracket, for example.

Future Tax Tip: If you run your own business, consider hiring your spouse. Provided the compensation is for legitimate work, the tax advantages are good, including a crack at the marriage penalty deduction and a full IRA contribution.

Were your medical bills high?

There's no medical deduction allowed except for expenses that exceed 5 percent of your adjusted gross income, but you may be surprised at how your tax deductible costs can add up.

First, total all obvious expenditures for visits to the doctor, hospital, and so forth—but be sure to subtract any costs reimbursed by insurance. Then add in such items as dental care (including braces), elective surgery (even cosmetic), glasses, hearing aids, exercise programs (if under your doctor's orders to relieve a specific ailment, such as high blood pressure).

Transportation costs to and from medical treatment count too, as do overnight lodging expenses (up to $50 a night per person) if you're the patient or are accompanying someone who is getting medical treatment.

Don't overlook health insurance premiums and expenditures for prescription medicines and insulin. You're also allowed to deduct medical expenses that you paid for dependent youngsters (under age 19 and/or full-time students) and for dependent adults (provided that you paid over half their support in 1984).

Tax Tip: If you both had income in 1984 and one of you incurred heavy medical bills, it might pay you to file separate returns so that the 5-percent limit is figured on one income rather than two. Figure the math both ways. Expert advice may help, especially since some credits and deductions are not allowed on separate returns.

Were you an investor in 1984?

Even if you didn't trade actively last year, you can deduct the costs of investment literature—books, financial magazines, and newspapers.

Tax Tip: The IRS has ruled recently that fees paid to the trustee of an IRA are deductible, provided you pay the fees by separate check. Those can amount to $20–$50 a year or more, so be sure to check your IRA records carefully.

Future Tax Tip: The new tax law reduces to six months the time you're required to hold an investment before qualifying for the more favorable long-term capital gain tax rules. Conversely, the period for applying short-term-loss rules has been reduced to six months or less, but only for investments you bought after June 22, 1984. Review current investments in the light of these new rules.

Did you cash in a savings certificate early?

Any penalties you paid for withdrawing your money before the certificate matured are tax-deductible.

Were you big spenders in '84?

In that case, pay special attention to sales tax records. The IRS has specific guidelines for a flat sales tax deduction pegged to income levels and where you live. You may find you actually doled out more, and you're entitled to take the full amount. Don't overlook sales taxes on meals if you eat out a lot (or

continued

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But even better, it offers the special kind of luxury you expect from an Oldsmobile. Handsome interior appointments. Available seating for *eight*. And thoughtful conveniences, like the hinged rear window that flips open for easy access to the cargo bay.

Olds Cruisers come in three sizes to fit any size family. With a wide choice of available power trains—4, 6, and 8 cylinder engines—to answer any demand.

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A new Oldsmobile Cruiser.



There is a special feel in an Oldsmobile

let's get it together... buckle up.

Tax tips

workdays, for example), or taxable items on your grocery bills. Saving all your receipts is your best bet, but it may be possible to reconstruct a record plausible enough to support your case.

Tax Tip: In addition to the flat sales tax deduction from their table, the IRS allows specific deductions for taxes paid on such major items as a new car, boat, or materials to build a home.

Did you buy a house?

Then you may have paid some "points" up front. Some or all of that money may be deductible as interest; check with your Realtor or bank. Also ask about any prepayment penalty you may have forked over for paying off your old mortgage early; the amount is tax-deductible as interest.

Were you docked for too much social security tax?

If you worked for more than one employer during the year, it's possible that excessive cash was withheld from your paycheck for social security taxes. Check your W-2 forms from all employers. The maximum tax for 1984 was $2,532.60. If you paid more, you can take the difference as a tax credit—a direct reduction of your taxes.

Did you jump on someone's bandwagon?

Last year was a political one, after all. You're entitled to a tax credit of up to $100 on a joint return, $50 for a single one, for one-half your contributions to local, state, or federal candidates.

Did you pay state or local income taxes?

For 1984, at least, you're allowed to deduct those amounts from your taxable income (Congress has been toying with the idea of eliminating this deduction). But beware: You must include in your taxable income any refunds you received in 1984 from state and local taxes overpaid for 1983.

Future Tax Tip: People in a hefty income-tax bracket who live where local taxes are high should consider investments in U.S. Treasury obligations. The interest earnings are exempt from state and local income taxes, though not from federal. Also look into municipal bonds and funds invested in your home state and local bonds; you'll usually pay no tax at all on their earnings.

Have you accounted for all child-care expenses?

If you're a working couple or a working single parent, you're entitled to a tax credit for child-care expenses up to set limits. (Current rules: For families with adjusted gross incomes of up to $10,000, there's a credit of up to $720 for one child, $1,440 for more; credits range down to a maximum of $480 and $960 for incomes of $28,000 or more.) Nursery or day-care costs qualify as well as those for babysitters, including relatives.

Tax Tips: Part of summer camp expenses may qualify, too, but check with a tax expert. The credit also applies to in-home expenses for disabled, dependent relatives who live with you.



New Mexico's Hidden Treasures

Beneath southeastern New Mexico's cactus-studded hills lie the wonders of Carlsbad Caverns, a massive subterranean gallery of rock formations sculpted by eons of trickling waters. This glistening underground spectacle makes Carlsbad Caverns National Park, 300 miles southeast of Albuquerque, worth a special visit.

Down under

You enter the caverns through a giant natural portal and wander at your own pace through three miles (half that distance if you take a shortcut via elevator) of spacious passageways connecting rooms as large as medieval cathedrals. The walls, which gleam in bright browns and oranges, are decorated by limestone formations in strange and lovely shapes.

With special wand-size radio receivers (available for free at the visitors center), you can hear the geological story of such highlights as the Big Room, which covers 14 acres; the Hall of Giants, where stalagmites rise as tall as huge pines; and the Dome Room, where the walls look as though they're veiled with opulent stone draperies.

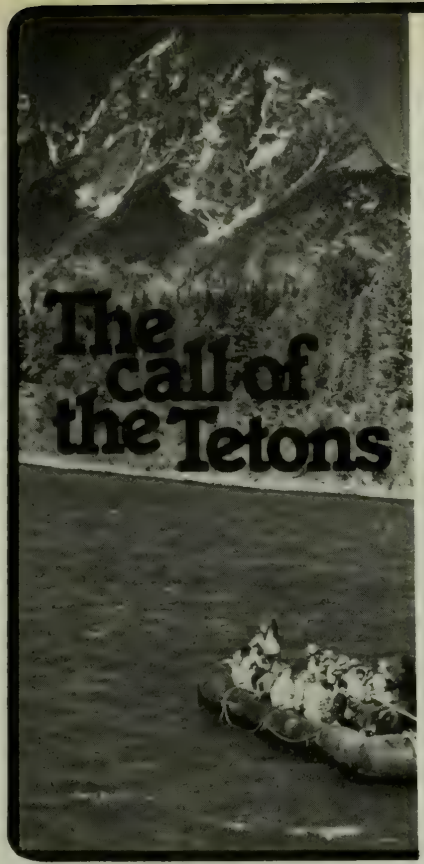
You're perfectly safe on these self-guided tours. Park rangers patrol the route to give assistance and answer questions. You'll need comfortable shoes and a jacket.

At sunset May through October, skies darken at the entrance to the caverns as thousands of bats emerge en masse for an evening of insect hunting. You can view their impressive exit

continued

TRAVEL PLANNING

See page M7 for a listing of free travel information and literature you can order.



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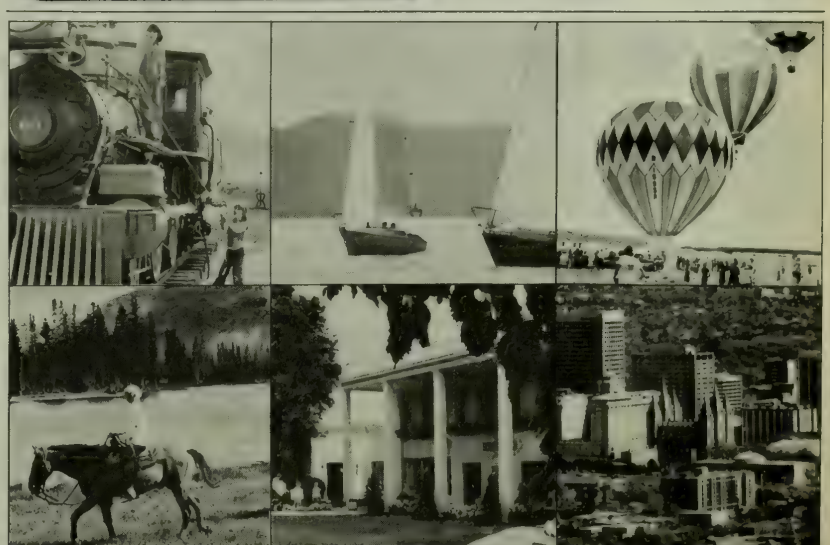
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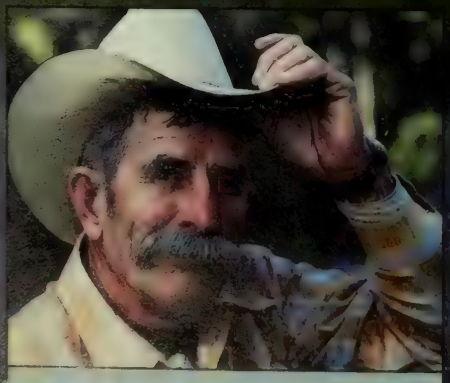
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And up top

Whites City, an Old West crossroads village seven miles east of the park visitors center, is the nearest place with visitor services, including a motel, restaurant, campgrounds, and a small museum of old-time western memorabilia. The national park also operates a cafeteria, underground lunchroom, and nursery at the cave site.

In the town of Carlsbad, about 25 miles northeast of Whites City on US-62, you'll find numerous motels and restaurants, plus a state park offering a slice of desert life. A menagerie of mountain lions, foxes, owls, gila monsters, jackrabbits, and salamanders lives in special habitat displays among yucca plants and towering cacti at Living Desert State Park. Lake Carlsbad Recreation Area, on the east side of town, features golf, tennis, fishing, picnicking, boating, and swimming. At nearby President's Park, you can take a ride on a narrow-gauge railroad train.

For more details, contact Carlsbad Caverns National Park, Superintendent, 3225 National Parks Highway, Dept. BHG, Carlsbad, NM 88220.

Photograph: Carlsbad Caverns National Park

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BUILDING TIPS

Remodeling: Which Jobs Can You Do?

You're ready to add that extra room you've been talking about for years, but you've never built anything bigger than a doghouse. You'll need a contractor to build the shell and supervise the project, but there are simpler, less time-consuming jobs you might consider tackling on your own.

Plumbing

A licensed plumber should do most of the rough-in plumbing work (drain lines and soil stacks), but new products designed for do-it-yourselfers make it easy to install fixtures and run new hot- or cold-water lines. You may already be familiar with plastic pipe and fittings that can be cut with a handsaw and joined with a brush-on solvent/cement. Other easy-to-use plumbing products include watertight fittings that screw together like a jar and lid, and self-contained kits for individual projects (for example, a kit with all the parts you need to install a vanity bowl). For best results, bone up on the subject with a good how-to manual before you begin work, and make sure that the products you use conform to local building codes.

Wiring

You'll need a licensed electrician to plan the wiring system on paper and determine whether additional service needs to be brought in from the street. Also, it's best to have a pro install the wiring runs—especially for circuits that serve outdoor, bathroom, and 220 wiring. A little how-to instruction, however, should enable you to hook up the fixtures, switches, and plug receptacles yourself. This will save a return visit by the electrician and give you extra time to shop for bargains or special designs in fixtures. Be sure to turn off the master switch at the control panel before beginning work, and use a test light (available where wiring parts are sold) to verify that the circuit you're about to work on is dead.

Drywalling

You don't need much instruction to tackle a room-size drywall project, but you'll need a helper and a few tools of the trade—one or two flat-blade trowels and a corner trowel. Practice on some scrap pieces to master the basic technique, then begin work in an area (such as a closet) where mistakes won't be noticeable. The trickiest and most tedious part of the work is getting the joints smooth. Be prepared to do some careful sanding, and check each joint closely with a strong work light before adding the final coat of spackling.

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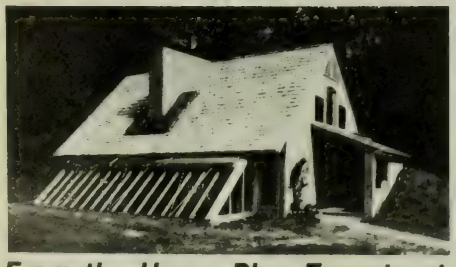
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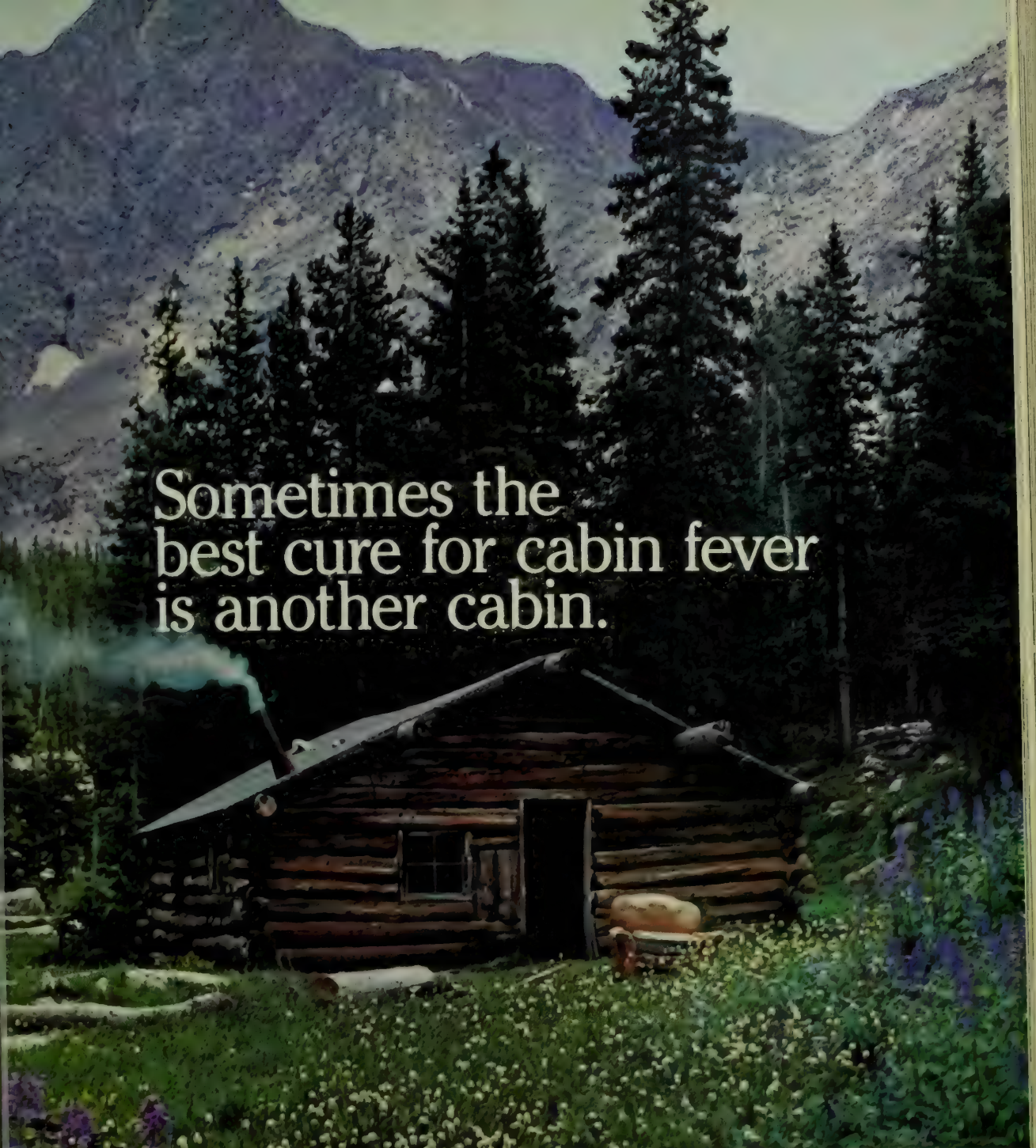
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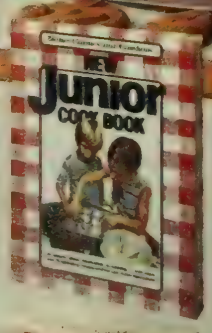
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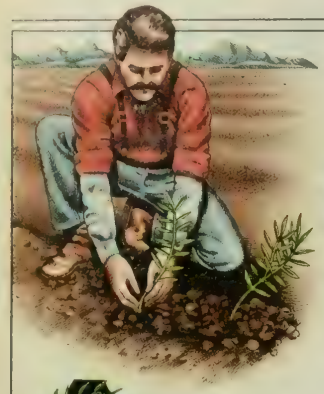
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Blending Separate Spaces

Annexing a nearby room is one good way to relieve a cramped living space, but it also poses special decorative challenges. Arranging furniture in the newly expanded space, for example, calls for delicate balance.

The trick is to create separate, functional areas within the room, while maintaining a sense of visual cohesiveness. The success story here combines back-to-back seating groupings with unifying decorative treatments.





Defining separate areas

The expansive room, created when a porch was enclosed and joined with an existing space, serves as both a living and family room. The main sitting area *(above right)*, which focuses on a large fireplace, couples the homeowners' old sofa with two new wicker chairs.

A second, casual, seating area pairs up another sofa with armless sectionals in a cozy L *(below right)*. A laminate-covered table between the two groupings provides a pivot point for the split furniture arrangement.

Tying areas together

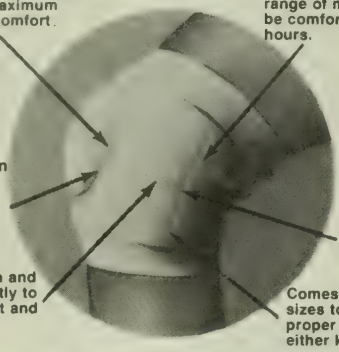
Uniting the two separate seating areas by decorative means prevents them from visually breaking the space into two smaller rooms.

White canvas upholstery ties together the variety of seating pieces. Colors, picked up from one area and used in the other, also lend cohesiveness to the scheme. A dark hue in the area rug in the main seating area, for instance, is echoed by the carpet in the remodeled porch addition.

Photographs: E. Alan McGee
Design: Bo Waddell, Bo Limited
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Radiator Camouflages

Do you have an old radiator that sticks out like a sore thumb? Here are two inexpensive and decorative ways to camouflage it.



▲ This attractive screen conceals a cumbersome radiator without blocking the flow of heat into the room. A series of large dowels joined with pegs forms the screen's three-part frame. Cut-to-fit canvas panels, which are appliquéd with a floral design on both sides, have top and bottom pockets that slip over the dowels.



▲ To make this old radiator less conspicuous, it was integrated into a display case. A cut-to-fit shelf, which is edged with stock molding on three sides, is mounted two inches above the radiator with heavy-duty angle brackets to allow for air circulation. Insulating paper stapled to the underside of the shelf protects it from the heat. A custom-made bookcase on top of the shelf displays collectibles.

Photograph (top): Ross Chapple. Design: Furniture & Things
Field editor: Eileen A. Deymier
Photograph (bottom): Jessie Walker Associates. Design: Elaine Bovaird

Cleaning Wool Upholstery

Ugly stains can be removed from your handsome wool upholstery *if* you treat them quickly and correctly. Always treat stains on wool upholstery as soon as possible. Blot a liquid stain with paper towels, tissues, or absorbent cloth. Stroke lightly from the outer edge toward the center so the stain doesn't spread. Remove solids by scooping them up with a spoon. If the upholstery is burned or scorched, brush the damaged fibers from the surface.

Next, using a sponge or clean cloth, apply the correct treatment listed below according to stain type. Be careful not to overdampen the fabric; work toward the center of the stain to prevent spreading. If the first treatment doesn't remove the stain, try the second and third steps listed on the chart. Once the stain is removed, blot the area with a clean sponge dampened with water. Then dry the treated area quickly.

Type of stain	Order of treatment		
	1st	2nd	3rd
Blood	8	5	
Burn or scorch	4		
Chewing gum	6		
Chocolate	1	2	
Coffee or tea	2	8	1
Cream, crayon, furniture polish, lipstick, grease, oil, shoe polish	2	1	
Ink—ball-point	3	1	
Soft drinks	7	1	4
Wine—red	9	7	5
—white	1		

Information from Wool Bureau, Inc.

If you're unable to remove the stain, consult a professional cleaner.

Treatments

The chart *(left)* will help you determine which treatment to use for which stain. Before you use any of the nine cleaning solutions listed, test it on an inconspicuous area of your upholstery to make sure the treatment doesn't damage the dye colors or fibers.

1. solution of one teaspoon each of wool detergent and white vinegar and 1½ quarts of water
2. dry cleaning fluid, lighter fuel, or mineral turpentine
3. methylated spirits
4. hydrogen peroxide
5. dye stripper (dilute 50 to 1 with cold water)
6. chewing gum remover
7. warm water
8. cold water
9. absorbent powder (salt or talc); sprinkle on spillage, leave overnight, vacuum next day



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continued from page 152

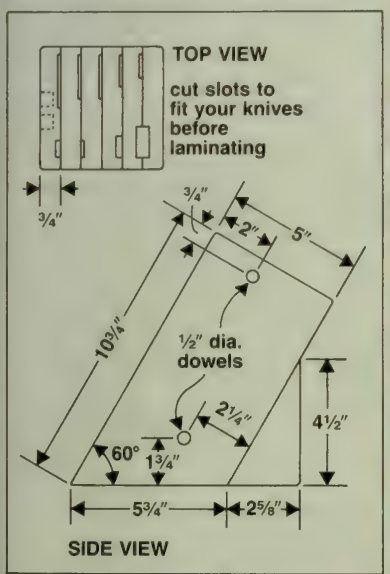
From oak cut six 5×11-in. pieces. Transfer marks for knife slots from cardboard template to board ends. Dado boards for knives. Glue and clamp boards together to form block. Let dry overnight.

Cut the base off at a 60-degree angle. Sand the block.

From oak cut three 5¼×2¾-in. pieces for brace. Round over all rack edges and edges of brace bottom and sides. Glue and clamp brace together. Glue and nail brace to center back of the block.

Cut dowels to hold electric knife. Mark positions for dowels on block side. Drill holes for dowels ½ in. deep. Glue dowels in place.

Sand and finish as desired.



11. ENTERTAINMENT CENTER, page 104

Finished size is 29½×18½×32 in.

Materials: ● 1 sheet ¾-in. veneer core ribbon-grain mahogany plywood ● ¼ sheet ⅛-in. perforated hardboard ● 6 ft. 1×6-in. mahogany lumber ● 6 ft. 1×3-in. lumber ● 1 pr. 1¾×2½-in. brass butt hinges ● magnetic push latch ● chain ● wood screws ● three 8-ft. pieces wood veneer plywood edging ● varnish.

Note: Adjust dimensions and shelf placement for your TV and equipment.

Instructions: From plywood cut pieces following drawing (*page 154*). From mahogany cut cleats: one 1½ in. shorter than shelf, one 3¾ in. shorter than bottom shelf. Cut 1×3-in. bottom facing board same length as shelves.

In facing board cut 45-degree angle and dado ⅜×1½-in. slot for door opening (see drawing *page 154*).

Glue edging to all exposed edges.

Glue and screw cleats to sides. From plywood cut back to fit lower section

continued

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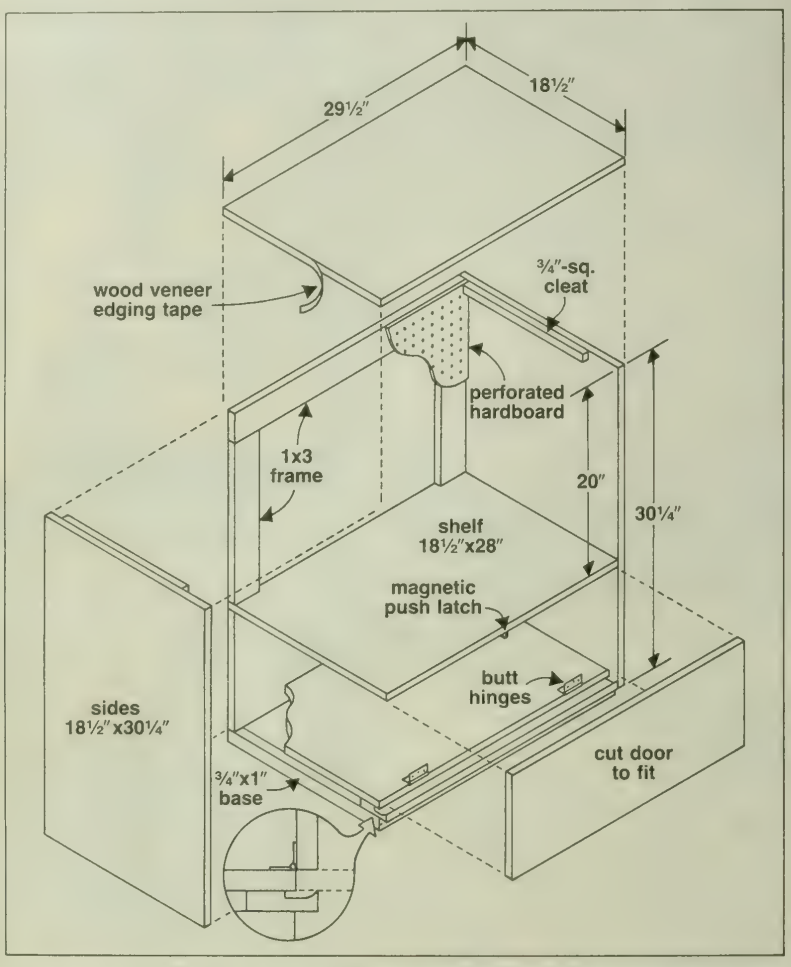
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inside side panels, under shelf, to bottom of unit. Cut 2×10-in. slot for cables. Glue and nail unit together except for door and bottom shelf.

From hardboard cut and mount back for upper unit.

In door cut 45-degree angle on bottom. Cut 45-degree angle on bottom shelf. Glue and nail shelf in place.

From lumber cut base. Glue and nail ¾ in. back from ends and front.

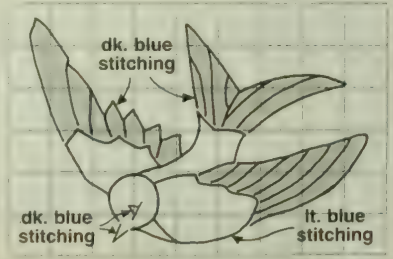
Mortise hinges flush with door and shelf. Install latch at door top. Install chain for door support to cabinet side and inside door. Sand and finish.

12. BLUEBIRD PILLOW, page 104

Finished size is 20 in. sq.

Materials: ●**Cotton/polyester fabric: 2 yd. green, 14½-in.-sq. white, ¼ yd. dark blue, scraps light blue** ●**2 yd. ¼-in. white piping** ●**fiberfill.**

Instructions: Enlarge pattern (*right*). Cut bird from light blue and dark blue fabric. Machine-appliqué bird to white square center.



one square = 1½" ☐ lt. blue ☐ dk. blue

Note: Use ½-in. seam allowances.

From green fabric cut 19½-in.-sq. back, 4×72-in. strip for outside tubing, two 18½×2½-in. and two 15×2½-in. borders.

From dark blue fabric cut two 14¾×1½-in. and two 14×1½-in. borders. With right sides facing, sew blue borders to white square. Pin piping at seam line of blue borders. With right sides facing, sew green borders to blue borders through piping.

With wrong sides facing, fold long green strip in half lengthwise. Stitch leaving ends open. Stuff with fiberfill. Fit tubing to pillow top at seam. Fold ends inside. Stitch tubing closed. Pin tubing to pillow top at seam.

With right sides facing, sew top to backing leaving opening for turning. Clip corners and turn. Stuff. Stitch opening closed.

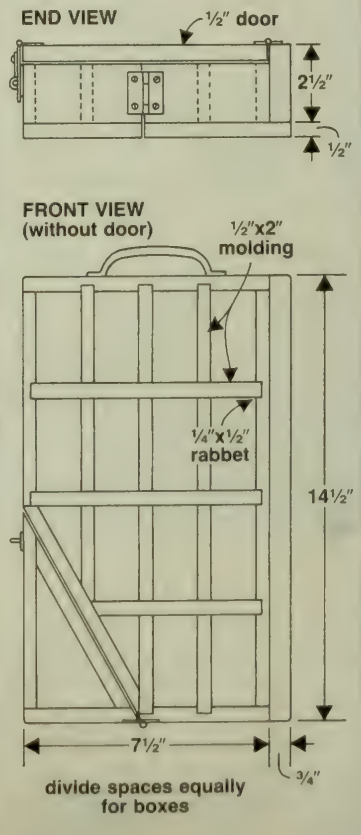
13. TOY STORAGE, page 104

Materials: ●**3 ft. ½×12-in. pine** ●**brass hasp and hook latch** ●**15×1×4-in. pine** ●**11 ft. ½×2-in. pine molding** ●**1½×1⅜-in. brass butt hinge** ●**1 pr. 1×13/16-in. brass butt hinges** ●**screen door pull** ●**glue** ●**screws** ●**½-in. brads.**

Instructions: From 1×4 pine cut bottom. From ½-in. pine cut front door and back. Cut ramp from back.

Lay out divider placement. From molding cut and dado top, sides, and base. Glue and nail onto back. Cut and dado shelves. Attach dividers with brads. Attach base. From molding cut ramp pieces and glue and nail to back.

Mortise the ramp hinge. Mount door hinges, hasp and hook, and door pull. If desired, apply finish or paint before mounting hardware.



continued



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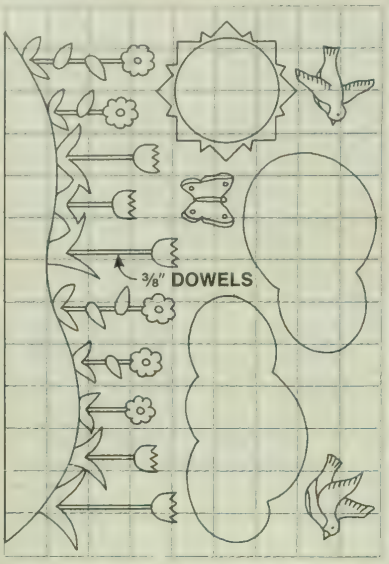
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continued

100 Ideas



one square = 3"

17. WALL HANGING, page 105
Materials: ● 6 ft. 8×¾-in. pine ● 70×⅜-in. wood dowel ● glue ● enamel paints.

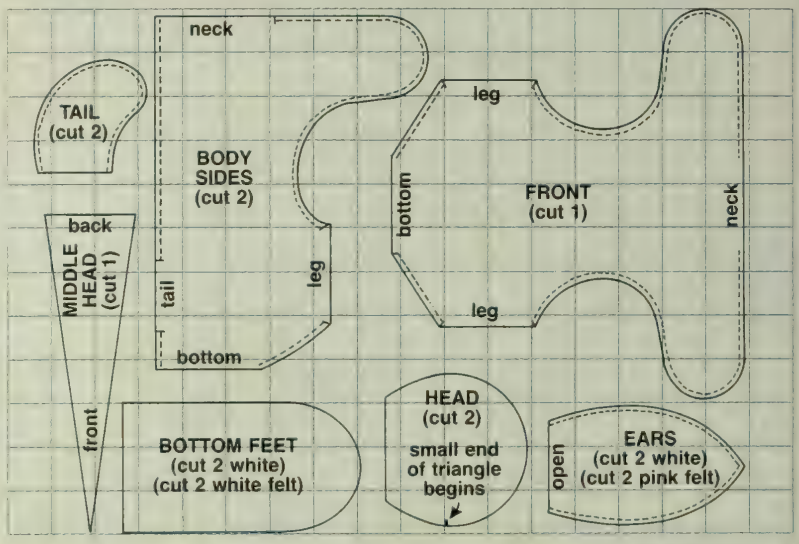
Instructions: Enlarge and transfer patterns *(left)* to pine. Cut out; sand rough edges. On base locate positions for flower stalks. Drill ⅜-in. holes. Drill ⅜-in. holes into flower bottom edges. Glue and insert dowels cut to length into flowers and base.

Drill ¼-in. holes into backs for mounting to wall.

Paint. Hang from nails on wall.

18. MARCH HARE AND CARROT, page 105

Finished sizes are: rabbit 33 in. tall,



one square = 4"



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carrot 35 in. long.

Materials: ● 1½ yd. white fleece fabric ● ⅓ yd. each white and pink felt ● ⅔ yd. orange felt ● 3 yd. 1-in.-wide purple ribbon ● 4 yd. 1½-in.-wide green ribbon ● pink embroidery floss ● two stuffed-toy eyes ● 9 bags fiberfill.

Instructions: Enlarge patterns (*left*). *Rabbit:* Cut front ears from pink felt and feet bottoms from white felt. Cut remaining pieces from fleece.

With right sides together, sew side seams to front leaving neck and bottom feet open. Sew back seam leaving tail open. Sew tail and pin into rabbit. Stitch. Turn.

Sew head pieces together. With right sides together, sew felt ears to fleece ears leaving bottoms open. Turn. Stuff. Make slit in top of rabbit's head. Insert ears. Stitch in place. Using embroidery floss and long straight stitches sew nose. Insert eyes or hand-stitch as for nose.

Pin head to body. Stitch. With right sides together, sew fleece feet to felt bottoms. Turn. Pin in place. Stitch. Stuff rabbit through bottom opening. Hand-stitch opening closed. Tie purple ribbon around neck.

Carrot: From orange felt cut 2 triangles the length of felt. With right sides together, sew side seams leaving top open. Turn. Stitch a double row of basting stitches around top edge. Stuff. Cut green ribbon in different lengths for leaves. Sew together in a fan at bottom edge. Gather basting stitches at top. Center bottom edge of ribbon leaves in carrot top. Stitch opening and leaves together.

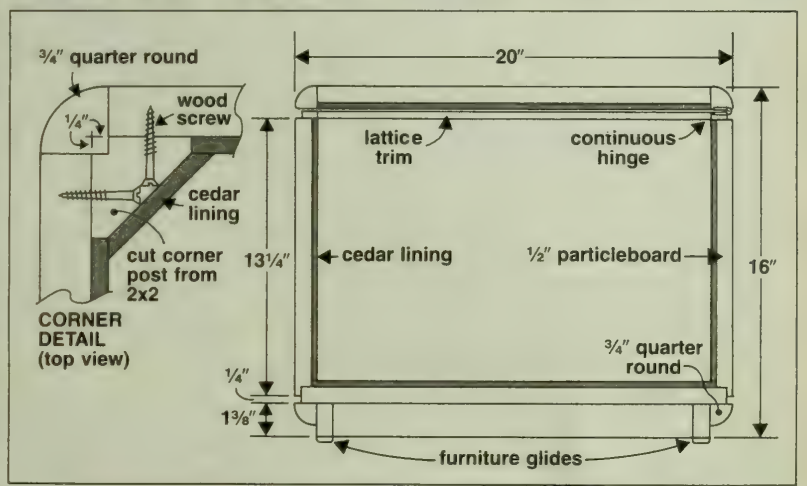
19. CEDAR CHEST, page 105

Finished size is 49×20×16 in.

Materials: ● 1 sheet ½-in. particleboard ● 1 sheet ¼-in. cedar sheeting ● 24 ft. ¾×¾-in. pine quarter round ● 48×11/16-in. continuous hinge ● four ¾-in. furniture glides ● 6 ft. 1×4-in. pine ● glue ● nails ● oil-based paint ● counter-balance lid support ● wood screws.

Instructions: From particleboard cut ends, front, back, top, and bottom. Rabbet sides, front, and back to hold bottom. Cut quarter round for outside

continued





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corners. Glue and nail quarter round to ends, back to ends, and front to ends. Glue and nail bottom in place.

From pine cut four 1×2-in. pieces to make base, mitering corners. Glue and nail together. Glue and nail to bottom. Glue and nail quarter round trim to base and bottom.

Fit quarter round to lid leaving ¼-in. lip for cedar.

Cut cedar to fit inside box starting with bottom. Glue and brad cedar to bottom then to sides and ends. Cut cedar for top. Glue and clamp in place.

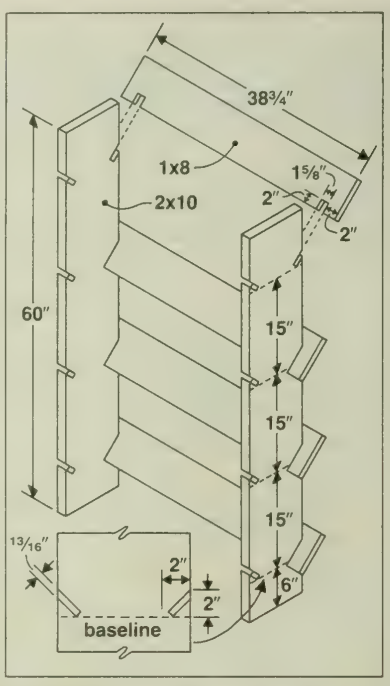
From pine cut strips for inside corners at 45 degrees each side for top supports. Glue and nail over cedar. Cut cedar strips at 45 degrees each side to fit over supports.

Plane or sand top edges. From pine cut ½×¼-in. strips to cover plywood edges and corner supports. Round corners to match quarter round and adjust strips for hinge at box back and top. Fit and install hinge.

Sand. Paint. Install furniture glides on bottom and lid support to top.

20. BOOKCASE, page 105

Materials: ● 32 ft. 1×8-in. lumber ● 16 ft. 2×10-in. lumber ● glue ● two 36×⅜-in. wooden dowels ● primer ● enamel paint.



Instructions: From 1×8-in. lumber cut 8 shelves. Strengthen shelves by drilling ⅜×2½-in. holes 1 in. from each shelf end. Cut 2-in. dowels. Coat dowels with glue and insert in holes. Cut slots in each shelf end. Pare slot backs with chisel.

From 2×10-in. lumber cut ends. Cut slots following drawing (*left*). Sand. Fit shelves into ends. If necessary, widen slots using a rasp or sandpaper.

Fill any dents or knots. Sand, prime, and paint.

22. ROAD GRADER, page 106

Materials: ● 2×4-in. scrap lumber ● ¼-in. wooden dowel ● 1×1-in. pine ● glue ● ⅜×1½-in. wooden wheel.

Instructions: Cut grader shape (see drawing *right*).

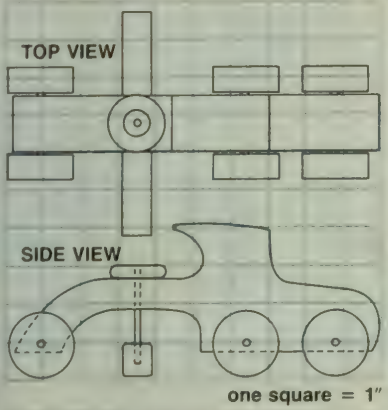
From pine cut blade and wheels. Drill holes in each wheel center and in grader for axles and blade.

From dowel cut four 3-in. axles and blade holder.

Glue 1 wheel to axle and insert axle through grader and glue second wheel to other end. Repeat for remaining wheels and axles.

Drill hole in 1 narrow blade edge. Glue 1½-in. wheel to one end of axle. Insert axle through hole in grader and glue dowel into blade. Sand. If desired finish with oil or polyurethane.





23. WOODEN BULLDOZER, page 106

Materials: ● 1 ft. 8×¾-in. pine ● scrap ½-in. pine ● 7×3½×1½-in. pine ● glue-● scrap ⅜-in. pine ● ¼-in. wooden dowel ● round clothespin.

Instructions: From 1½-in. pine cut out dozer body. Drill ⅝-in. hole in seat area. Drill 5/16-in. holes for axles.

From ¾-in. pine cut blade, support arms, spacer blocks, and rear wheels.

From ½-in. pine cut front wheels. From ⅜-in. pine cut blade support wheels.

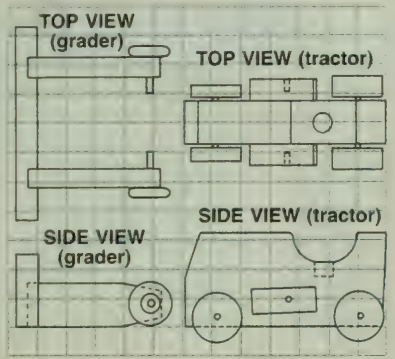
From dowel cut axles. Drill holes for axles. Sand all parts.

Glue support arms into blade. Glue spacer blocks to body, aligning holes. Glue support arm axle to blade support wheels. Glue axles into holes.

Glue front and rear wheels to axles. Glue axles in place. Glue remaining wheels on axles.

For operator cut top 1½ in. from clothespin. Paint face on side.

Finish dozer and operator with polyurethane if desired.



24. CHANGING KIT, page 106

Finished sizes are: quilt, 30×30 in.; bag, 16×13 in.

Materials: ● 45-in.-wide fabric in following amounts and colors: 1 yd. dark blue narrow-wale corduroy ● ½ yd. each: lining, yellow print, coral print, and burgundy ● ¼ yd. lavender ● ⅓ yd. gray ● 1 yd. lt. blue (quilt backing) ● 20-in. zipper ● quilt batting ● thread ● quilting thread.

Instructions: *Note:* Use ½-in. seam allowances on quilt.

Quilt blocks (1 for quilt; 2 for bag): Cut fabric in the following sizes and colors: eleven 3-in.-sq. lavender; eight 3-in.-sq. dark blue corduroy (for bag only); twelve 3¼×3¼×4¼-in. (No. 6) yellow print; twelve 4×4×5¾-in. (No. 4) gray; eighty-eight 4×4×5¾-in. (No. 6) yellow print; eighty-eight 4×4×5¾-in. (No. 5) coral print; twelve 5×5×6½-in. (No. 5) coral print; twelve 6×6×8-in. (No. 2) burgundy.

Quilt: Cut strips as follows: two 25⅜×4½ in. burgundy; two 32¼×4½ in. burgundy; two 13⅛×5¼ in. gray; two 21¼×5¼ in. gray; four 2×31×31 in. lavender (binding).

Assemble center quilt block following drawing (*page 160*) and using lavender squares at outer corners. With right sides together, sew gray borders to block. Add triangle borders and lavender squares. Add burgundy borders. Press. Cut backing piece 30×30 in. Sandwich batting between backing and quilt top. Baste. Hand-quilt following

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Berry Banana (Middle)
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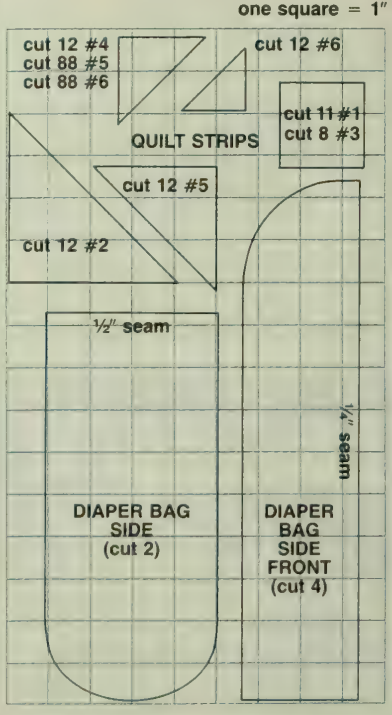
100 Ideas

drawing. Trim edges even. With right sides facing, sew lavender binding strips to quilt top edges. Fold to back and hand-stitch in place.

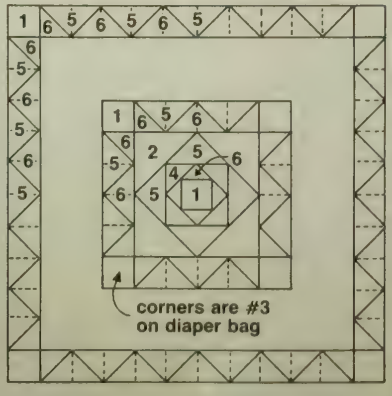
Bag: Assemble 2 center quilt blocks using dark blue corduroy at corners. From corduroy cut pieces for bag and 1¾-in.-wide bias strip 90 in. long.

Note: Seam allowances vary so be sure to check pattern pieces.

With wrong sides facing, sew side panels to sides of one quilt block, and 17½ × 3-in. bottom to bottom edge of



1 - lavender
2 - burgundy
3 - dark blue
4 - gray
5 - coral print
6 - yellow print

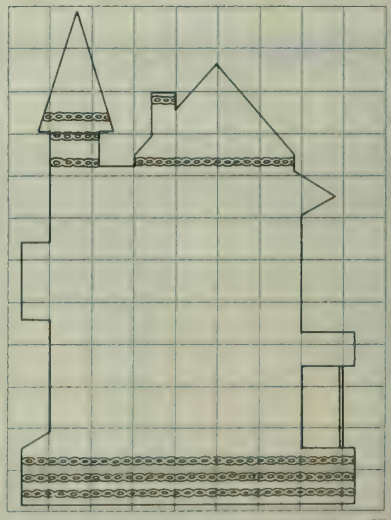


block and side panels. Cut pieces from lining fabric. Sandwich batting between lining and bag. Baste. Machine-quilt using long-stitch; start in middle and work out around quilt block and corduroy edges. Machine-quilt around second block. With wrong sides facing, stitch sides and bottom to second block. Insert zipper in 24 × 5-in. top.

For side tabs, cut two 1½ × 5½-in. bias strips from corduroy. Fold edges under. Press. Fold strip in half. Stitch along both long edges. Fold strip in half lengthwise. Press folded edge to flatten, forming a point. Stitch across point to form a triangle. Stitch tabs to top center of sides. With right sides facing, stitch top band edges to sides.

With wrong sides facing, pin top band to front and back. Stitch. Sew corduroy bias strips together. Bind bag edges using this strip.

Cut two 21 × 4½-in. straps. Fold under 1¼ in. at each side. Fold in half. Press. Topstitch edges. Zigzag-stitch narrow ends closed. Repeat for second strap. Pin strap to bag positioning ends on top corduroy squares of quilt block on 1 bag side. Stitch across bottom and up sides in rectangle shape until about ½ in. below top bag edge, then stitch across and down second side. Repeat for second strap on opposite side of bag.



25. **See page 162.**

26. BULLETIN BOARD, page 107

Materials: ●2 × 3 ft. sheet 1-in. plastic foam ●¾ yd. 45-in.-wide lightweight quilted fabric ●4 yd. ⅞-in.-wide ribbon ●3 yd. ½-in.-wide lace ●6½ × ¼-in. dowel ●glue ●pins ●white paint.

Instructions: From plastic foam cut house shape following drawing (*above*). From fabric cut house shape adding ¾ in. to all edges. Clip fabric corners. Glue fabric to foam.

Cut and fit lace trim. Glue trim at

continued



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edges only. Glue and pin ribbon to all edges. Remove pins after glue is dry. Paint dowel. Cut hole through fabric and into foam for dowel. Position dowel for porch pillar.

25. FLIP-TOP TABLE, page 106

Materials: ● ½ sheet ¾-in. cherry veneer plywood ● four 2×2×30-in. cherry furniture squares ● three 8 ft. cherry edging ● ¼ sheet ¼-in. tempered hardboard ● 10 ft. 1×6-in. cherry lumber ● 1¼-in. birch dowel ● wood screws ● glue ● finish oil ● nails.

Instructions: From cherry lumber cut pieces for skirt frame mitering corners. Rabbet bottom edge ¼ × ½ in. Sand. Glue and nail frame together.

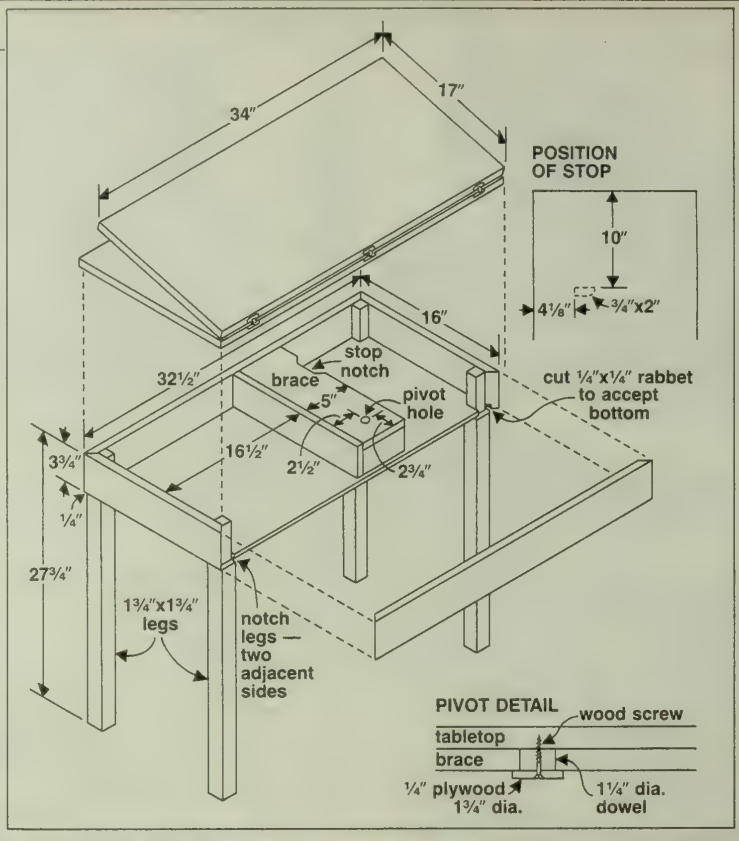
Plane furniture posts to 1¾-in.-sq. Cut to length. From top ends cut 2 sides to fit legs inside frame. Sand. Glue and screw legs inside frame flush with top.

From plywood cut tops. Band all edges with edging. Install stop.

Assemble pivot (see drawing *right*). Cut inside frame to hold pivot.

From hardboard cut bottom to fit inside frame around legs. Screw in place.

Sand and finish. Install pivot in base and attach to tabletop.





28. OAK BENCH, page 107

Materials: ●Red oak lumber: 6 ft. 1×6 in., 10 ft. 1×6 in., 4 ft. 1×8 in. ●screws ●glue ●varnish.

Instructions: Sand all pieces as you work. Cut and spline or dowel together pieces for top. Glue and clamp overnight. Cut top with radius at corners.

Cut and spline or dowel pieces for ends. Glue and clamp. Cut ends with 5-degree angle at top and bottom. On each panel cut shelf slot. Cut teardrop. Cut bottom design.

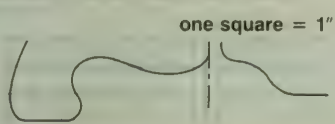
Cut top support rails. Notch each end ⅝ in. Cut radius design on each end.

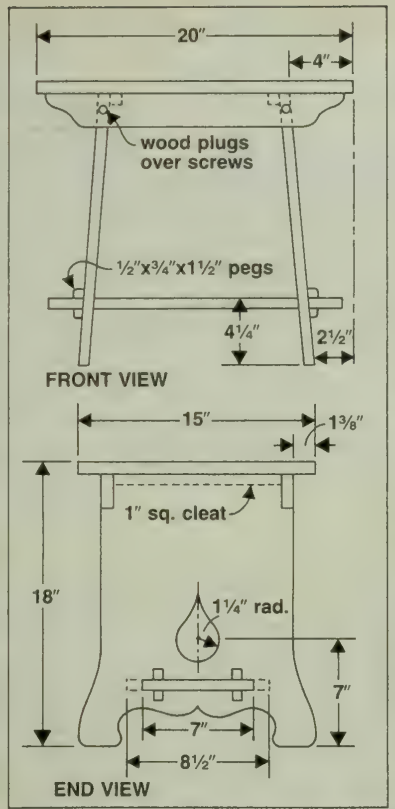
Cut bottom shelf. Cut ends to fit through slots.

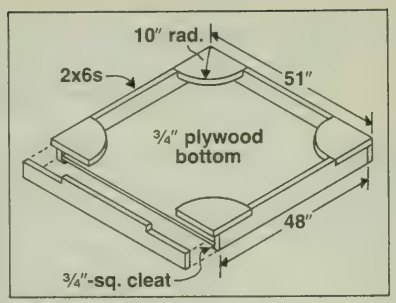
Fit bottom shelf into slots. Glue and screw top rails flush with end tops. Nail shelf from bottom side.

Cut cleats to fit inside frame. Glue and screw cleats to top rails and ends. Glue and screw top to cleats.

For decorative pegged look, cut four 1½ × ½ × ¾-in. pegs. Taper to ½ in. at bottom of each. Cut each peg in half. Glue and brad above and below shelf on outside of ends. Sand and finish.







30. SANDBOX, page 107

Materials: ●Treated lumber: 20 ft. 2×6 in., 4 ft. 2×12 in. ●4 sq. ft. ¾-in. plywood ●16 ft. ¾×¾-in. fir ●two 54-in. closet poles ●galvanized nails ●5 ft. 60-in.-wide treated canvas ●paint.

Instructions: From 2×6-in. lumber cut sides and ends. Cut out notches for seats. In sides drill two ⅛-in. pilot holes in each end ¾ in. from end and 1¼ in. from sides. Nail together using butt joints to form box.

From 2×12-in. lumber cut seats. Nail seats inside frame corners flush with frame top. From fir cut cleats. Glue and nail cleats flush with box bottom. Glue and nail plywood to cleats. Sand. Paint.

Straighten canvas edges. Staple canvas to closet poles. Roll canvas onto poles for storage. When sandbox is not in use, unroll canvas as cover for box.

continued

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Divide whipped topping among 6 dessert glasses. With the back of a spoon, make a depression in the center and spread topping up the sides of the glasses. Prepare pudding with milk as directed on package. Spoon into glasses. Chill. Garnish as desired. Makes 6 servings.

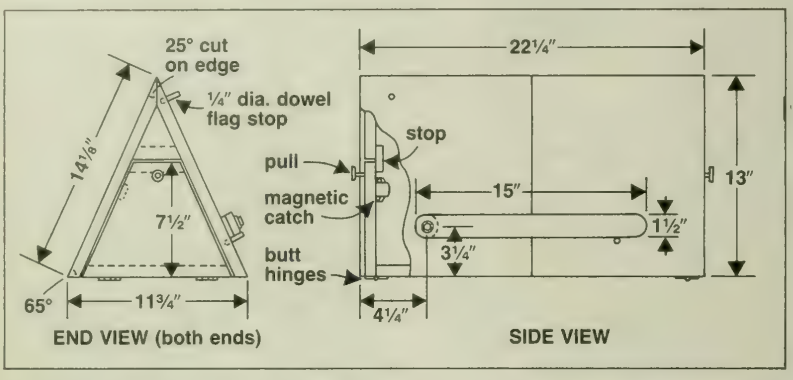
Chocolate Cookie Delight

4 chocolate sandwich cookies, coarsely crumbled
1 cup thawed Cool Whip® Whipped Topping
1 package (4-serving size) Jell-O® Chocolate Flavor Instant Pudding and Pie Filling
2 cups *cold* milk

Gently fold cookies into whipped topping. Prepare pudding with milk as directed on package. Pour half of pudding into dessert dishes. Top each with about 4 tablespoons of topping mixture. Spoon remaining pudding on top. Garnish as desired. Makes 6 servings.



100 Ideas



31. A-FRAME MAILBOX, page 107

Finished size is 22¼ × 11¾ × 13 in.

Materials: ● 10 ft. 1 × 12-in. redwood ● 2 pr. 1½-in. butt hinges ● 2 decorative pulls ● 2 magnetic catches ● 3 × ¼-in. wood dowel ● ¼ × 1¼-in. plated lag bolt ● red paint ● washer ● powdered resin glue ● galvanized nails ● house numbers.

Instructions: From redwood cut four 16-in. pieces for sides, 20⅛-in. bottom, and flag. Square one side of each 16-in. piece. Dowel 2 pieces together for each roof side. Clamp. Let dry. Square roof ends. Make 25-degree miter cut on each roof side using wood fence clamped to saw fence and running the pieces through the saw on one edge.

On bottom cut 25-degree angle on each side.

Glue and nail roof pieces together. Glue and nail to bottom.

Cut triangles to fit each end. Cut for doors. Cut and nail strip for stop to top wedge. Glue and nail wedge to each roof end for gable. Mount doors. Install pulls and catches.

Paint flag. Attach to roof with lag bolt and washer. From dowel cut two 1½-in. stops. Drill holes in roof for dowels and glue in place. Attach house numbers.

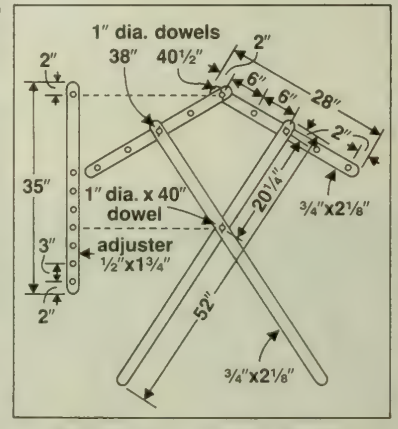
33. PINE QUILT RACK, page 108

Materials: ● 12 ft. 1 × 8-in. pine ● 6 ft. 1¼ × 2-in. pine ● six 1 × 35¾-in. dowels ● three 1 × 39-in. dowels ● two 1 × 40-in. dowels ● ⅜ × 36-in. dowel ● stain ● varnish.

Instructions: From 1 × 8-in. pine rip 4 legs and 4 frame ends. From 1¼ × 2-in. pine rip 2 adjusters.

Drill holes in legs and frames as shown in drawing (*right*).

From ⅜-in. dowel cut 1½-in. dowel pins. Cut 1-in. dowels for top and leg supports. Remaining dowels should be cut to 35¾-in. Drill dowel rod ends for top and legs to fit pins (see drawing). Assemble legs and frame ends using dowel pins at ends. Glue remaining dowels in place. Repeat for other side. Adjusters fit over outside of dowels at top and leg joints. Sand, stain, finish.



34. MISS LIBERTY GROWTH CHART, page 108

Finished size is 50 in.

Materials: ● 1½ yd. muslin ● ¼ yd. 45-in.-wide yellow cotton ● measuring tape ● crib-size quilt batting ● two 1-in. plastic rings ● thread ● washable marker.

Instructions: Enlarge pattern (*above right*). Cut muslin in half. Transfer statue pattern to 1 muslin piece. Fold batting in half. Pin pattern to batting. Using yellow thread sew along detail lines. Do not sew on outside lines.

From yellow cotton cut crown and flame. Appliqué to pattern. With right sides facing, lay second muslin piece over pattern. Sew along pattern outside lines leaving bottom open. Trim. Clip curves. Turn. Press.

From yellow cotton cut 2 base pieces. With right sides facing, sew together, with double batting layer sandwiched between, leaving opening. Turn. Sew opening closed. Topstitch details. Appliqué statue to base.

Tack tape in place. Sew rings to head back and flame for hanging.



one square = 3"

35. KALEIDOSCOPE QUILT, page 109

Finished size is 87½ in. sq.

Materials: ● 45-in.-wide cotton fabric: 9½ yd. white, 5 yd. blue, 3 yd. red ● quilting thread ● thread ● batting.

Note: Use ¼-in. seams throughout. Sew with right sides facing. Press completed blocks and press again after adding each border. All squares are cut 2 in. sq. for finished size of 1½ in.

Instructions: Prewash fabric. Make template for squares from plastic or cardboard.

From white fabric cut four 2½ × 85-in. borders and 925 squares.

From blue fabric cut twenty 2½ × 13½-in. sashing strips, four 2½ × 76-in. sashing strips, two 2½ × 76-in. borders, two 2½ × 80-in. borders, and 800 squares.

From red fabric cut four 2½ × 88-in. borders and 300 squares.

Piece and stitch blocks together following drawing (*page 166*). Sew blocks together in vertical rows of 5 with short blue sashing strips between blocks. Sew rows together with long blue sashing strips between rows. Sew blue borders to outside edges. Add white borders; then red borders.

From white fabric cut back slightly larger than finished top. Sandwich batting between quilt top and back. Pin and baste all layers together. Quilt above each horizontal seam and to the

continued

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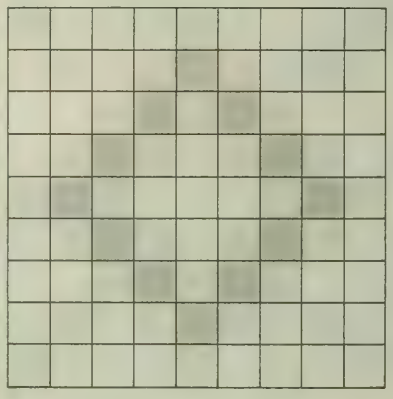
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100 Ideas

right of each vertical seam in each block, inside both seams on all sashing strips and blue borders, down the middle of white borders, to the right of all red border seams, and down the middle of red borders.

Trim front, back, and batting even.

From white fabric cut binding strips on the bias for edging. With right sides together pin bias to quilt front. Stitch. Fold to back. Press. Hand-stitch to backing.



☐ red ☐ blue ☐ white

36. BABY BLANKET, page 109

Finished size is 34x41 in.

Materials: ●4-ply yarn: 9 oz. white, 9 oz. pink ●size H cro hook ●size H crochet hook.

Gauge: 3 sts = 1 in., 4 rows = 1 in.

Instructions: Using white yarn chain 75 sts.

Row 1: Working from right to left insert cro hook in 2nd st from hook, yo and pull up a lp. Pull up a lp in each st of ch—75 sts. Slide sts to other end of hook and turn. Tie in pink yarn.

Row 2: Yo and pull through first lp, *yo and pull through 2 lps*. Repeat from * across until 1 lp remains on hook. Ch 1. You are taking sts off hook.

Row 3: Insert hook under top horizontal bar of previous row skipping first bar. Yo, draw lp through and bring up onto hook. Repeat across row making last st for this row by pulling lp through last stitch on previous row. Push yarn to other end. Turn hook. Tie in white yarn and repeat Row 2.

Repeat rows 2 and 3 until desired length.

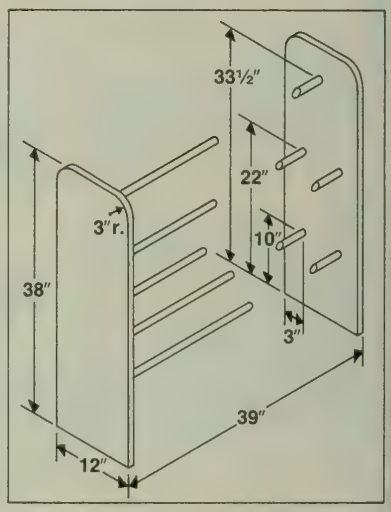
Shell edge: With crochet hook and right side facing, attach white yarn and sc around outside edges. Shell: 1 sl st, * sk 2 sts, 5 dc in next st, sk 2 sts, 1 sl st in next st*. Repeat from * around all edges. Sl into first st.

37. QUILT STAND, page 109

Materials: ●½ sheet ¾-in. particleboard ●five 1×48-in. wooden dowels ●oil-based paint ●glue.

Instructions: From particleboard cut ends with 3-in. radius at corners. Lay out dowel positions (see drawing *below*). Drill 1-in. holes ¼ in. deep.

Cut dowels 38 in. long. Glue and insert dowels in holes and nail through panel into dowel ends. Fill holes, sand, and paint.



38. BLUE WOOL THROW, page 109

Finished size is about 60×60 in., including edging. Edging is about 3 in. wide.

Materials: ●6 balls white DMC "Brilliant" crochet cotton (218-yd., 50-g balls) ●size 7 steel crochet hook ●54×54-in. piece woolen fabric.

Instructions: *Edging: Row 1:* Ch 12, dc in 4th ch from hook, dc in each of next 12 dc, ch 2, sk 2, dc in last 4 ch; ch 5, turn.

Row 2: Sk next 2 dc, dc in next dc, 2 dc over ch-2, dc in next dc, ch 2, sk 2 dc, dc in top of ch-3; ch 3, turn.

Row 3: Make 2 dc over ch-2, dc in next dc, ch 2, sk 2 dc, dc in next dc, 2 dc in next sp, dc in 3rd st of ch-5; ch 5, turn.

Rows 4–10: Rep Rows 2–3 alternately 3 times, then rep Row 2 once.

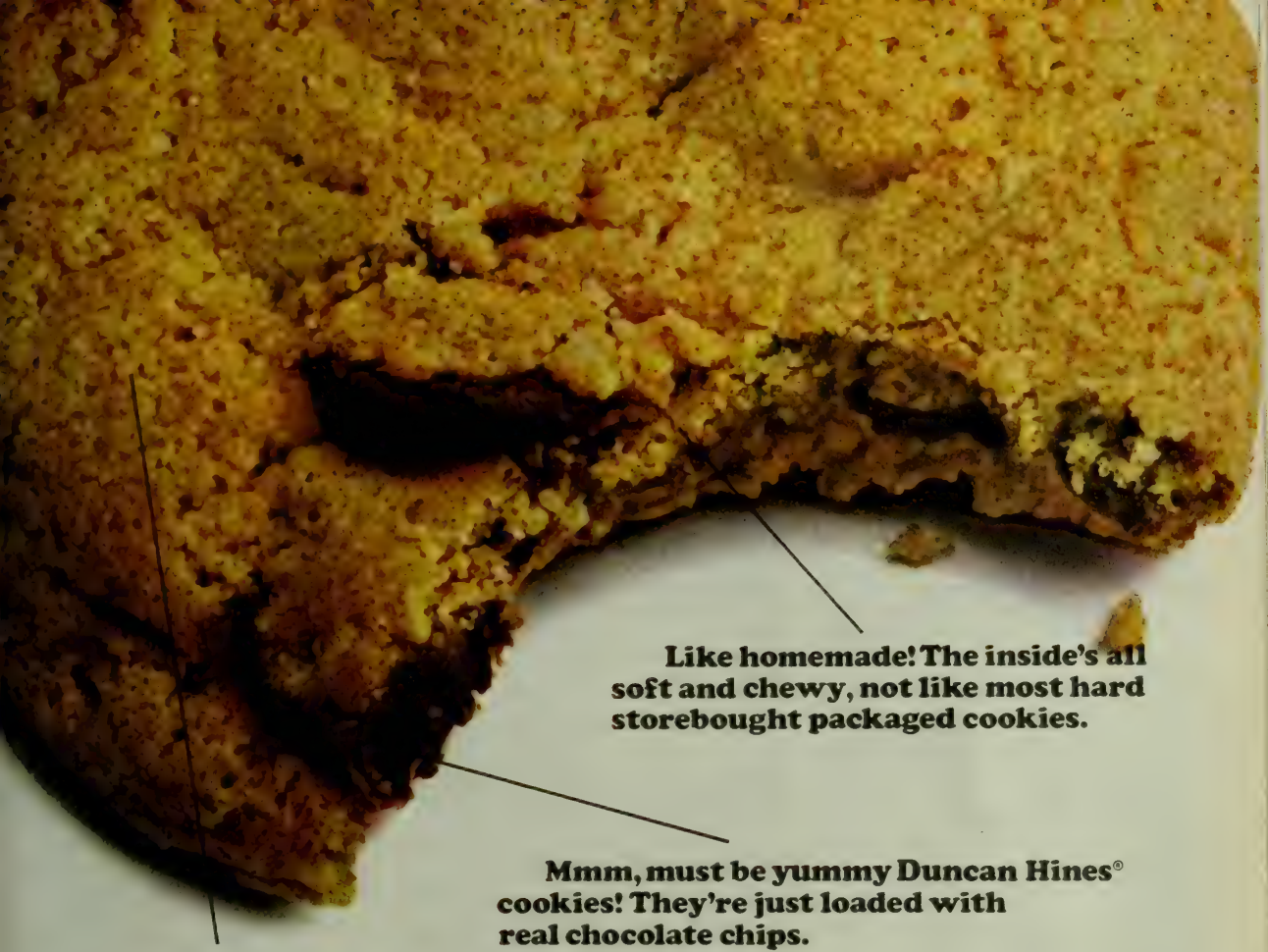
Row 11: Make 2 dc over ch-2, dc in next dc, ch 2, sk 2 dc, dc in next dc, 2 dc in next sp, ch 3, sl st in 3rd st of ch-5, ch 12, sl st in top of dc at end of Row 7; ch 3, turn.

Row 12: Make 9 dc over ch-12 lp, ch 2, make 10 dc over same lp; ch 3, turn.

Row 13: Dc in each of next 9 dc, make shell of (2 dc, ch 2, 2 dc) in ch-2 sp, dc in each of next 9 dc, dc in top of ch-3, dc in top of dc at end of Row 5.

Row 14: Turn and sl st in last dc made on scallop; ch 3, make dc in each of next 11 sc, make shell in ch-2 sp, dc in each of next 11 dc, ch 3, sl st in top of

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ch-3, ch 3, dc in top of ch-3 of Row 11, ch 2, sk 2 dc, dc in next dc, 2 dc in ch-2 sp, dc in next dc, ch 2, sk 2 dc, dc in top of ch-3; ch 3, turn.

Row 15: Make 2 dc over ch-2, dc in next dc, ch 2, sk 2 dc, dc in next dc, 2 dc over ch-2, dc in dc, ch 4, dc in top of ch-3 on scallop, dc in each of next 13 dc, make shell in ch-2 sp, dc in each of next 13 dc, dc in top of ch-3, trc in top of ch-3 at end of Row 4.

Row 16: Turn and sl st in last dc made on scallop, ch 3, make (dc, ch 2, 2 dc) in same place, ch 5, sk 7 dc, make shell in next dc, ch 5, shell in ch-2 sp, (ch 5, sk 7 dc, shell in next dc) twice.

Row 17: Turn and make dc in sp of shell just made, (ch 3, dc in same sp) 4 times; * ch 3, dc in center of next shell, (ch 3, dc in same sp) 4 times. Rep from * across scallop, trc in top of Row 4 where other trc was made; turn.

Row 18: * Make (sc, hdc, 3 dc, hdc, and sc) in each of next 4 sps, ch 1, sc over both chs of previous row, ch 1. Rep from * across scallop, ch 4, sl st in end of Row 11 where trc was made, ch 5; complete as for Row 2.

Rows 19–21: Rep Rows 3 and 2 alternately. Rep Rows 2–21 for next scallop, joining 2nd petal on first new flower scallop to corresponding petal of previous scallop as follows: Make sc, hdc, 2 dc of 2nd petal, remove lp from hook, put hook through center dc of other petal, pull lp through, make dc, hdc, sc to finish petal; complete scallop following instructions above.

To make corner: Continue working scallops in this manner for length required, ending on Row 18 with ch 4 and sl st in place where trc was made; do not complete Row 18. Now beg 2nd edging side as follows: *Row 1:* Ch 5, dc in center of last petal of scallop just made; ch 6, turn.

Row 2: Dc in dc, dc in each of next 3 ch, ch 2, sl st in top of 4th dc of solid block on Row 11, sl st over ch-2 to next dc on Row 11; turn.

Row 3: Make 2 dc over ch-2, dc in next dc, ch 2, sk 21 dc, dc in next dc, 2 dc in next sp, dc in 3rd st of ch-6; ch 5, turn.

Row 4: Sk next 2 dc, dc in next dc, 2 dc over ch-2, dc in next dc, ch 2, sk 2 dc, sl st in top of turning ch of Row 11; ch 3, turn.

Continue with Rows 5–21 as before. When making last row of scallop on Row 18, attach first petal on this row to corner of edging by making sc, hdc, dc in ch-3 sp, then dc in corner; turn back and complete petal.

Joining ends of edging: When required number of scallops have been completed on 4th side, end on Row 18 with ch 4 and sl st in same place as trc as for other sides. Then work Rows 1–2 of corner instructions and fasten off. Sew to beg of edging.

Finishing: With right side facing, sc around entire straight edge, working 2 sc in each sp and 2 sc along side of each dc. Fasten off. Wash and steam-press lace and let dry thoroughly to allow for shrinkage.

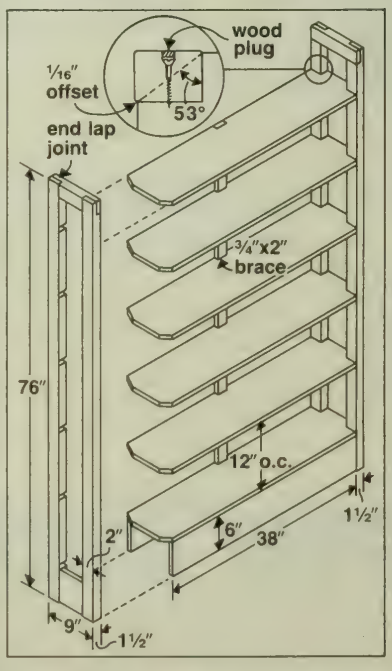
Lay out wool right side up. Lay out lace atop, right side up, making corners square and sides straight; pin in place. Topstitch lace to wool with white thread. Trim wool to ½ in. past stitching; turn raw edges under twice and hand-stitch.

39. PLYWOOD BOOKCASE, page 109

Finished size is 41×76×9 in.

Materials: ● 1 sheet ¾-in. red oak veneer plywood ● 1 box No. 8 (1¼ in.) twin-fast screws ● 4 plastic glides ● sandpaper ● glue ● varnish or stain.

Instructions: Follow diagram (*below*) for cutting, but measure and cut each piece as you go to ensure proper fit. Presand all surfaces.



Laminate 2 strips together to form 1½-in. upright. Repeat for remaining 3 uprights. Round all corners using round-over bit. Lay out verticals and mark corner dado and end-lap joints. Using dado or plywood saw blade, cut jig to desired angles. Attach jig to sliding sled on table saw. Cut angled corner joints. Make dado cuts using masking tape on lines for smooth cut.

On shelves miter corners to angle on vertical dado. Notch each shelf for back brace. Check all pieces for fit.

Attach triangular screw cleat blocks to bottom panels and corners. Predrill holes for screws going into verticals and shelves.

Fit top brace and cut end-lap joints. Trim brace to exact width of notches. Predrill for screw shank.

Predrill for screw holes through verticals into shelves.

Glue and screw shelves to one vertical at a time. Glue and screw back brace in place. Screw on bottom panels. Glue and clamp top brace.

Note: Countersink and plug all screws.

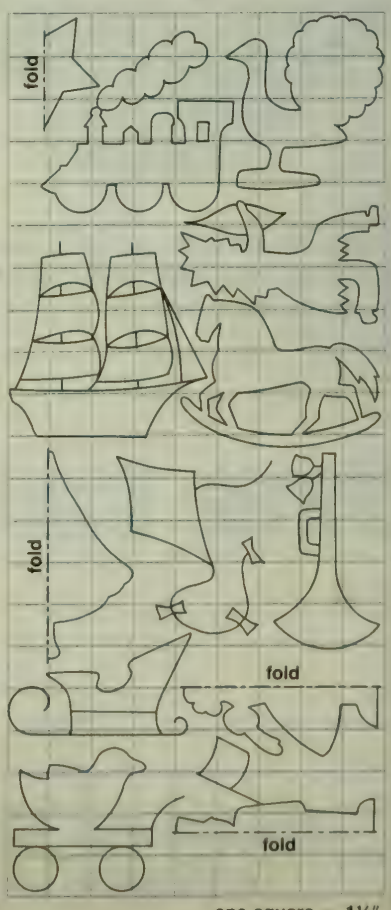
Let dry. Sand. Stain and oil. Insert glides under each bottom corner of the bookcase.

41. TOYS CRIB QUILT, page 110

Finished size is 38×48 in.

Materials: ● 3 yd. 45-in.-wide blue polyester/cotton fabric ● ½ yd. 45-in.-wide white polyester/cotton fabric ● 1½ yd. 18-in.-wide fusible webbing ● quilt batting ● 2 pkg. white double-fold quilt binding ● 3 pkg. ½-in.-wide white single-fold bias tape ● 2 spools each off-white and blue thread ● tailor's chalk.

Instructions: From blue fabric cut



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twelve 10-in.-sq. blocks, two 8×34½-in. borders, two 8×38-in. ends; and one 48×38 in. back.

Enlarge patterns (*page 168*). Cut patterns from white fabric. Fuse to block centers. Machine-appliqué using medium satin stitch. Stitch details by hand or machine using satin stitch.

Sew blocks together in strips using ½-in. seam allowances. Sew strips together. Add borders and ends. Fuse bias tape over seams. Stitch. Position stars in corners with fusible webbing. Stitch. Press.

Place quilt top facedown on flat surface. Top with batting and backing fabric. Baste. Machine-quilt around blocks and borders. Quilt around each toy. Trim edges even. Baste quilt binding over edges, mitering corners. Zigzag-stitch binding to quilt.

Note: If desired, blocks can be marked out on one large fabric piece and motifs added one at a time.

42. OXFORD FRAME, page 110

Finished size is 14 in. sq. inside.

Materials: ●4 ft. 1×1-in. pine ●¼-in. plywood ●four 1-in. wood fiber carvings ●paint ●glue.

Instructions: From pine cut four 19½-in. pieces. Cut a half-lap joint 2 in. from both ends of each piece. Cut a full radius on all eight ends. Glue together at half-lap joints and clamp. When dry, sand. Rabbet ½×½ in. from all back inside frame edges. Cut plywood to fit allowing for fabric wrap. Glue carvings at each joint. Paint.

Mount desired craft on fabric. Wrap fabric around backing plywood. With brads nail backing in place.

43. PEACOCK, page 110

Finished size is 13¼×14 in.

Materials: ●1 ball mercerized crochet cotton, size 30 ●size 12 steel crochet hook ●8×8-in. cotton fabric ●embroidery floss: light blue, bright blue, 3 shades of gold, apple green, kelly green, cream ●water erasable pen.

Instructions: Enlarge pattern (*page 172*) for peacock and transfer to cotton fabric. Embroider bird with outline stitches using following colors: light blue, bird outline and wings (do not work beak, eye, or crest); cream, outline beak; bright gold, lines around eye; bright blue, satin-stitch eye. Work upper feather shadings in outline stitches with shades of gold. Shade wing tips with apple green. Work foliage in kelly green outline stitches and lazy daisy stitches. Work crest in bright blue with bright gold short stitches. Fill in remaining stitches around head with outline stitches in apple green and light blue. Press.

Leaving a ¼-in. seam allowance, cut shape from cotton; turn under raw edges, clip corners and curves, baste and press. Work sc's evenly spaced around entire shape.

Pineapple plumage: Ch 58. *Row 1:* 2 trc in fourth ch from hook, ch 2, 3 trc in same ch, (sk 2 ch, in next ch work *3 trc, ch 2, 3 trc—shell made*) 17 times—18 shells made; turn.

Row 2: Sl st in next 2 trc and into ch-2 sp; ch 4, in same sp work 2 trc, ch 2, 3 trc—first shell made. * Ch 3, in ch 2 sp of next shell work (trc, ch 2, trc), ch 3, make shell in ch 2 sp of next shell—shell over shell; rep from * across row, ending with shell over last shell; turn.

Row 3: Work first shell; * ch 3, sk 3 tc and ch 3 lp; in next ch 2-sp work 6 trc, ch 3, shell over shell; rep from * across row, ending with shell over shell; turn.

Row 4: Work first shell; * ch 4, sc in first trc of 6-trc grp. (Ch 5, sc in next trc) 5 times; ch 4, shell over shell; rep from * across row; turn.

Row 5: Work first shell; * ch 5, sk 3 trc and ch 3-lp, sc in ch-5 lp, (ch 5, sc in next ch-5 lp) 4 times; ch 5, shell over shell; rep from * across row; turn.

Row 6: Work first shell; * ch 5, skip 3

continued

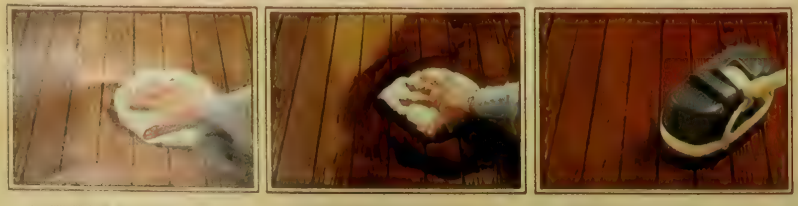
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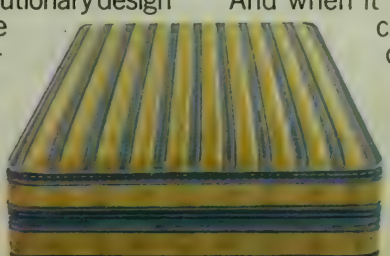
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100 Ideas

trc and ch-5 lp, sc in next ch 5 lp, (ch 5, sc in next ch-5 lp) 3 times; ch 5, shell over shell; rep from * across row; turn.

Row 7: Sl st in next 2 trc and ch 2 sp, ch 4, in same sp work (2 trc, ch 2, 3 trc, ch 2, 3 trc); * ch 5, sk 3 trc and ch 5 lp, sc in next ch-5 lp; (ch 5, sc in next ch-5 lp) twice; ch 5, in ch 2 sp of next shell work (3 trc, ch 2, 3 trc, ch 2, 3 trc); rep from * across row ending with 3 trc, ch 2, 3 trc, ch 2, 3 trc in last shell; turn.

Row 8: Work first shell; * ch 3, shell in next ch 2 sp, ch 5, sk next ch-5 lp, sc in following ch-5 lp, ch 5, sc in next ch-5 lp, ch 5, shell in next ch 2 sp; rep from * across row, ending with shell in last ch-2 sp; turn.

Row 9: Work first shell; * ch 3, 7 trc in ch-3 lp, ch 3, shell over shell; ch 5, sk next ch-5 lp, sc in following ch-5 lp, ch 5, shell over shell; rep from * across row, ending with shell over last shell; turn.

Row 10: Work first shell; * ch 4, sc in first trc of 7-trc grp, (ch 5, sc in next trc) 6 times; ch 4, (shell over next shell) twice; rep from * across row, ending with shell over last shell; turn.

Row 11: Work first shell; * ch 5, sk 3 trc and next ch lp, sc in following ch-5 lp, (ch 5, sc in next ch-5 lp) 5 times, ch 5, (shell over next shell) twice; rep from * across row, ending as above; turn.

Row 12: Rep Row 11, except rep between ( )'s 4 times.

Row 13: Rep. Row 11, except rep between ( )'s 3 times.

Row 14: Work first shell; * ch 5, sk 3 trc and ch 5 lp, sc in following ch-5 lp, (ch 5, sc in next lp) twice; ch 5, shell over shell, ch 3, shell over next shell; rep from * across, ending shell over last shell; turn.

Row 15: Work first shell; * ch 5, sk 3 trc and ch-5 lp, sc in following ch-5 lp, ch 5, sc in next lp, ch 5, shell over shell, ch 3, 8 trc in next ch-3 lp, ch 3, shell over next shell, rep from * across, ending shell over last shell; turn.

Row 16: Work first shell; * ch 5, sk 3 trc and ch-5 lp, sc in following lp, ch 5, shell over shell, ch 4, sc in first trc of 8-trc grp, (ch 5, sc in next trc) 7 times; ch 4, shell over shell; rep from * across row, ending shell over lst shell; turn.

Row 17: Work first shell; shell over next shell; * ch 5, sk 3 trc and ch-4 lp, sc in following lp, (ch 5, sc in next lp) 6 times; ch 5, (shell over next shell) twice; rep from * across row, ending shell over last shell; turn.

Row 18: Sl st in next 2 trc and into ch-2 sp, sk 2 trc, in next trc make 3 trc, ch 2 (place marker on ch 2 lp for end of next rnd); trc in each of next 2 trc, dc in next trc, sc in ch-2 sp; * ch 5, sk 3 trc and ch-5 lp, sc in following lp, (ch 5, sc in next lp) 5 times; ch 5, (shell over shell) twice, rep from * across row until work between ( )'s is complete and 2 shells remain; ch 5, sc in ch-2 sp of next shell, dc in next trc, trc in each of next 2 trc, ch 2, 3 trc in next trc, sl st in ch 2 sp of last shell; turn.

Row 19: Work first shell; * ch 5, sk ch-5 lp, sc in following lp, (ch 5, sc in next ch-5 lp) 4 times, ch 5, (shell over next shell) twice; rep from * across ending with shell in marked ch-2 sp for last shell; turn.

Row 20: Rep Row 11 except rep between ( )'s 3 times; turn.

Note: Pineapples begin to work in separate units.

Row 21: Work first shell; * ch 5, sk 3 trc and ch-5 lp, sc in following ch-5 lp, (ch 5, sc in next ch lp) twice, ch 5, shell in next shell; turn.

Row 22: Rep Row 21, except rep between ( )'s once; turn.

Row 23: Work first shell; ch 5, sk 3 trc and ch-5 lp, sc in following lp, ch 5, shell over shell; turn.

Row 24: Work first shell, sk 2 ch 5 lps, shell over next shell; turn.

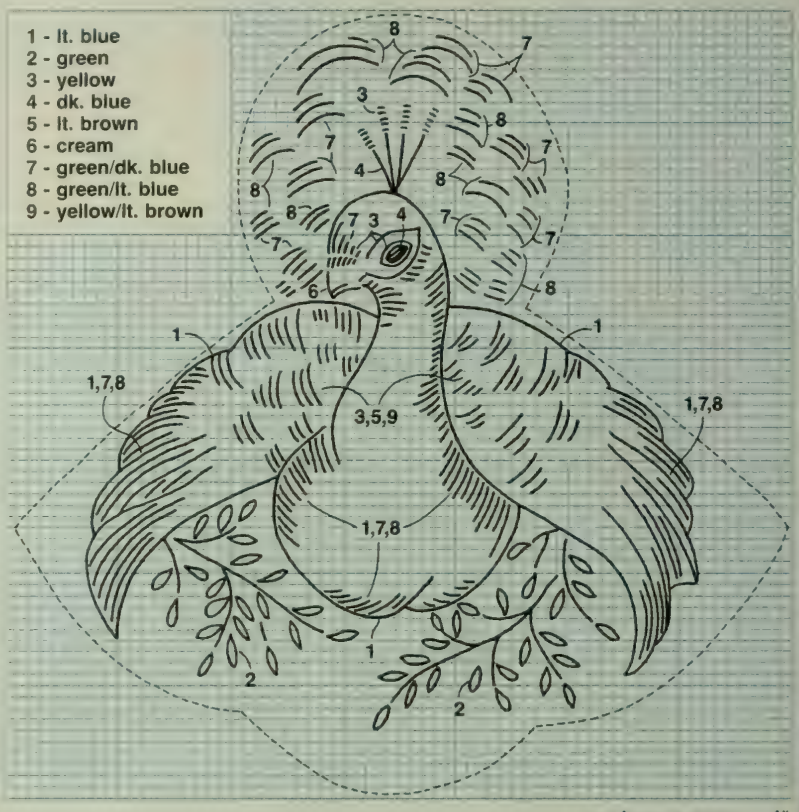
Row 25: Sl st in next 2 trc and ch-2 sp, sk next 2 trc, in next trc work 3 trc, ch 2; in next trc work 3 trc, sl st in ch-2 sp of next shell. Fasten off.

Complete remaining pineapple tips by joining thread in ch-2 sp of next shell on row 20, ch 4, in same sp work 2 trc, ch 2, 3 trc. Complete rows 21 through 25 to complete next pineapple group.

Work remaining pineapples repeating rows 21 through 25 in each of next 7 succeeding pineapple groups.

Press and block to complete. Sew crocheted pineapples to finished embroidered piece, centering first 10 crocheted piece rows around embroidered piece.

Work along bottom embroidered piece edge, join thread in corner sc, ch 1, sc in same st, * ch 3, sl st in third ch from hook—picot made; sc in next 3 sc, rep from * across piece ending with sl st in last sc, fasten off.

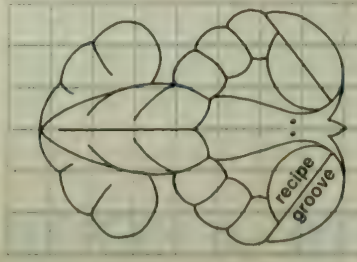


one large square = 1"

44. LOBSTER TRIVET, page 110

Materials: ● 17×12×¾-in. pine ● red paint ● varnish.

Instructions: Enlarge and transfer pattern to wood. Cut out. Cut recipe groove ¼ in. deep. Rout design ¼ in. wide. Paint grooves and eyes. Sand. Varnish.



one square = 2"

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100 Ideas

5. See page 176.
9 and 50. See page 177.

1. BARN TOY BOX, page 112

Finished size is 45¾×24×33 in.

aterials: ●2 sheets ½-in. plywood 48×1½-in. chrome continuous hinge 4 pr. 1½-in. cabinet hinges ●4 shutter nobs ●paint ●nails ●glue.

structions: From plywood cut pieces shown in drawing (*right*). Bevel roof ges at 22½ degrees.

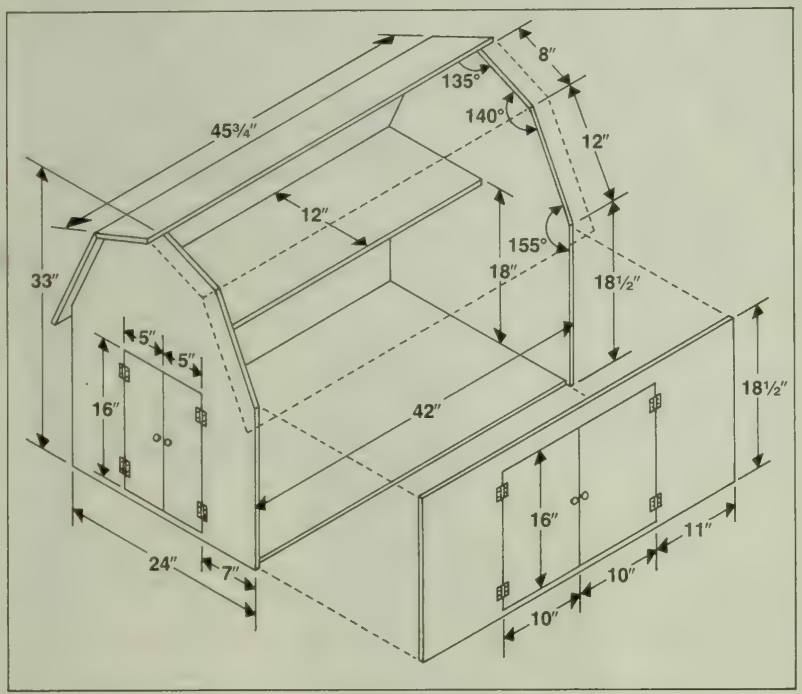
Glue and nail sides to floor, and front nd back to sides and floor. Glue and ail hayloft shelf to back half of barn.

Paint barn and outside of bottom ors red. Paint inside, doors, and shelf llow. Paint trim white.

For roof paint outside and overhang hite; paint inside yellow. Glue and ail 3 stationary roof sections in place. ttach roof door with continuous nge.

Hinge bottom doors to barn. Paint nobs white and attach to doors.

Note: If desired, for trim rip scrap ne pieces ½×⅛ in. and paint white. hen glue and nail to barn.



3. STORAGE CABINET, page 112

aterials: ●2 sheets ¾-in. waferboard glue ●nails ●2 pr. 3-in. T-hinges ●2 reen door pulls ●safety hasp ●six ¼-in. wood screws ●screws ●paint.

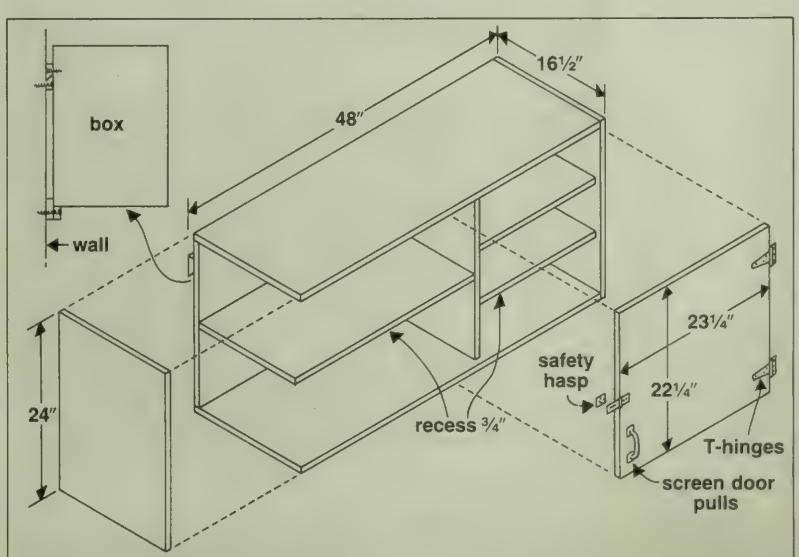
structions: From waferboard cut top nd bottom shelves, end panels, back, nter panel, and right shelves.

Glue and nail in order: End panels to p and bottom shelf; back inside flush ith ends, top, and bottom; center pan- to top, bottom, and back; shelves be- veen right end and center panel at sired heights.

From waferboard cut shelf to fit left de. Glue and nail to left end and cen- r panel. Nail through back into elves.

From waferboard cut 2 doors to fit side unit. Sand. Prime and paint. inge doors to unit. Screw hasp to door nters and door pulls to door fronts.

Cut two 2½x48-in. mounting blocks. ut one edge of each block at 45 de- rees. Screw one block to cabinet back nd one to wall. Cut one 2½x48-in. and ne 1½x48-in. wall supports. Glue and ail together to form ledge to support nit. Screw supports to wall. Hook ounting block on unit back into block n wall and rest unit on supports.



4. TOY CADDY, page 112

Finished size is 21×15 in.

laterials: ●½ yd. 45-in.-wide blue den- n ●denim or cotton fabric scraps in con- asting colors ●1 pkg. 1-in.-wide bias ape ●thread ●¼-in. wooden dowel.

structions: Measure your car seat ack and items to be stored, then adjust measurements for best fit. Use ½-in. seam allowances.

From blue denim cut 42×16-in. rectangle. From scraps cut pockets using double the depth plus seam allowance and add seam allowance to sides. Finished sizes on our pockets are: top, 7 in. deep by (left to right) 4½, 6½, and 4½ in. wide; bottom right, 10×8½ in.; bottom left, 4½×6½ in. and 4×6½ in. Sew pockets together in strips for top and bottom. Fold strips in half. Fold under seam allowance. Press. Topstitch pockets to denim half.

From tape cut top tie 30 in. long and two bottom ties 24 in. Fold each in half. Tack top tie to denim right side center.

At centers of denim side edge topstitch seam allowance ¾ in. on each side of center. Fold denim in half with right sides together. Stitch side seams leaving ¾-in. opening on each side at top for dowel. Turn and press. Press under seam allowance at bottom. Insert ties at corners. Topstitch bottom closed. Press. Cut dowel and insert in top casing.

continued

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45. 7-CIRCLE PLANT STAND, page 110

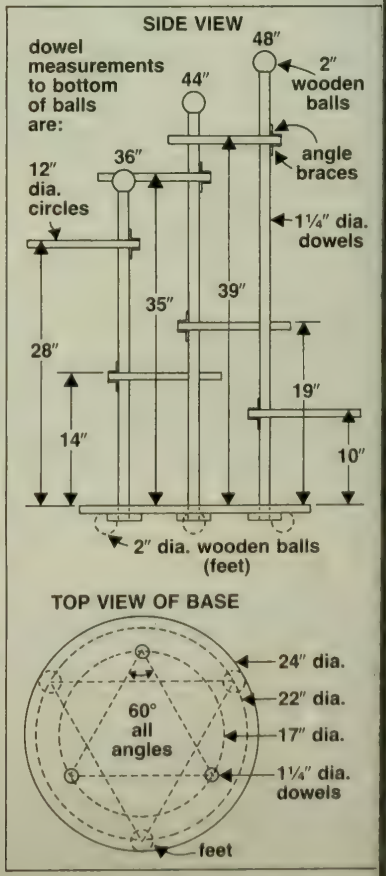
Materials: ● ½ sheet ¾-in. particleboard ● three 48×1¼-in. wooden dowels ● twelve 1-in. angle braces ● screws ● six 2-in.-dia. wooden balls ● oil-based paint.

Instructions: From particleboard cut base, 6 shelves, and three 3-in.-dia. bottom braces.

Following drawing (*below*) drill holes in base for braces. In braces drill holes in centers for poles. Glue and screw braces to base bottom aligning holes. Glue 3 balls to base for feet.

Cut dowels. Place dowels in base flush with brace bottoms. Toenail or angle a wood screw through base into dowel end.

Drill hole in each shelf 1¼ in. on center from edge. Slide shelves onto dowels to desired heights. Screw angle braces on top and bottom of each shelf at dowels. Sand 1 side of each ball flat. Glue flattened side of balls to dowel tops. Prime and paint.



49 and 50. CAT ROCKER AND MOUSE TABLE, page 111

Finished sizes: Table 14×12½×8 in.; rocker 23×12×23½ in.

Materials: ● 2 ft. 1×12-in. pine ● 1 sheet ¾-in. plywood ● twenty-six 1×4-in. wood screws ● wood putty ● yellow, gray, black, pink, white, and blue acrylic paint ● wood glue.

Instructions: *Rocker:* From plywood cut 2 cats sides, 1 seat, and 1 seat back. Rout ¼-in. grooves in sides to accommodate the seat and back. Sand all pieces before assembling.

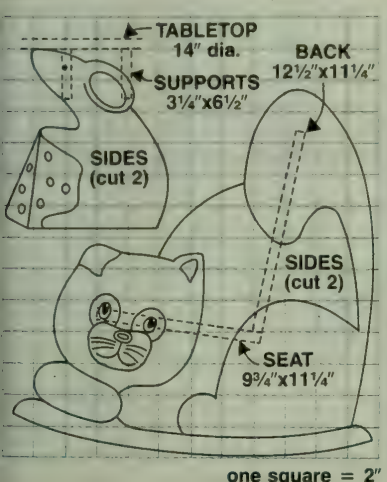
Glue and screw sides to back and seat using wood screws. Countersink screws. Fill holes with wood putty. Let dry and sand smooth.

Transfer cat design to chair sides. Paint (see drawing *below*). Paint inside of rocker yellow.

Table: From plywood cut 14-in.-dia. circle for tabletop. Enlarge pattern and cut 2 mice from pine. Cut 2 table supports. Sand.

Glue and screw supports to mice; glue top to mice and supports. Countersink screws. Fill with wood putty. Sand.

Transfer mouse design to each cutout. Paint (see drawing). Paint tabletop blue.



57. WORKBENCH, page 113

Materials: ● Three 8-ft. pieces 1×12-in. common pine ● 1 sheet ¾-in. particleboard ● two 12-ft. pieces 1×12-in. pine ● 4 pr. self-closing hinges ● 1½ sheets ¼-in. tempered hardboard ● screws ● 6 porcelain electric fence insulators ● 2 pr. metal drawer guides ● nails ● cardboard ● oil-based paint.

Instructions: For base unit, from particleboard cut base ends (see drawing *page 178*). From ends cut 3¾×3¾-in. toe space.

From pine cut shelf, back brace, center brace, and toeboard. Glue and nail shelf between ends above toe space. Glue and nail back brace flush with ends at back. Glue and nail center brace in place between front and back.

From hardboard cut back. Glue and nail to shelf, ends, and brace. From pine cut 1×1½-in. trim for cabinet fronts. Glue and nail trim to cabinet.

From pine cut 2-in.-wide strips for doors. Rabbet on one side for cardboard inserts. Glue and nail doors together with ½-in. overlay on all sides, mitering corners. Cut cardboard inserts to fit. Staple cardboard to frames.

Screw hinges to door backs 2 in. from top and bottom. Position doors and screw to trim.

From pine cut drawer pieces. Dado for bottom. From hardboard cut drawer bottoms. Glue and nail drawers together. Install drawer guides.

Install door and drawer pulls.

From particleboard cut cabinet top to fit base unit. From hardboard cut same size piece. With brads nail to particleboard. Trim with 1×2-in. pine. Glue and nail to base.

For upper cabinet, from pine cut ends, top, bottom, divider, and shelves. Glue and nail: bottom ¾ in. up on end panels, top shelf flush inside ends, divider to top and bottom. From pine cut back braces. Glue and nail under top shelf and over bottom shelf. Glue and nail shelves to divider and ends. From hardboard cut back. Glue and nail back to unit. Glue and nail trim to front for door spaces. Build and mount doors as for bottom unit. Paint all particleboard areas with oil-based paint.

continued

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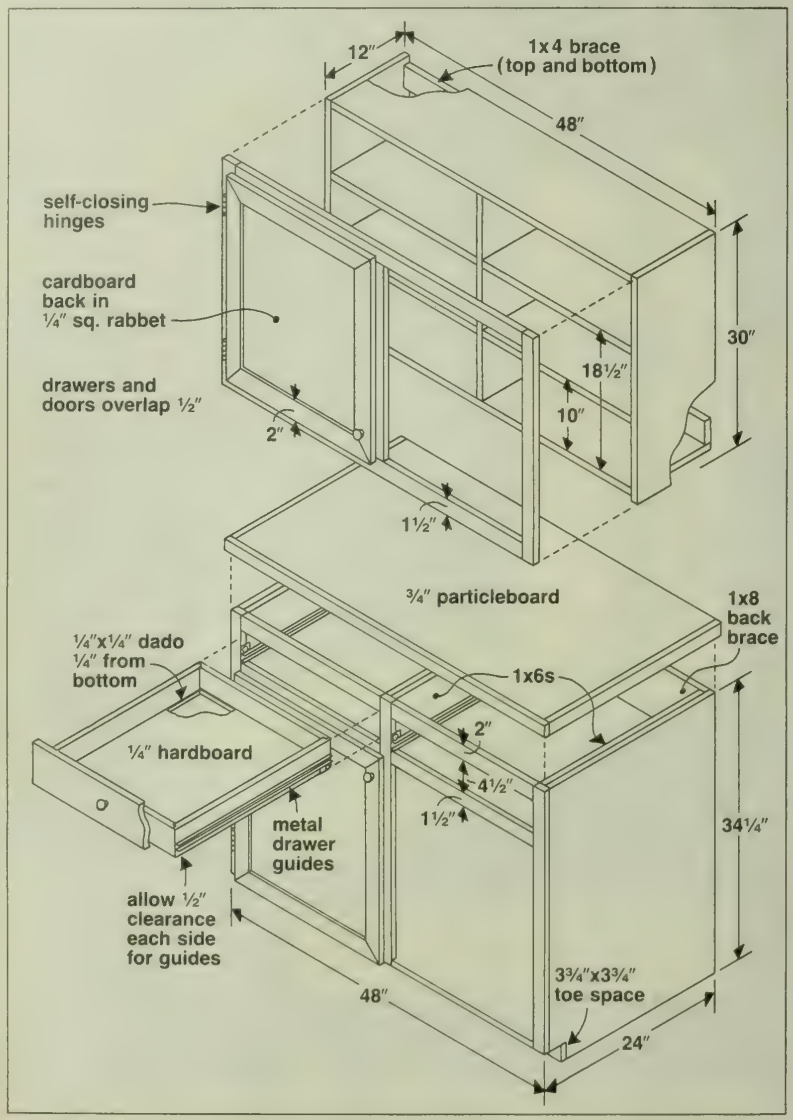
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100 Ideas



60. PLANTER, page 114

Finished size is 21×21×26 in.

Materials: ● 2×2-in. treated lumber: two 8 ft., one 10 ft. ● ½ sheet ½-in. exterior fir plywood ● four pieces 10 ft. 1×2-in. pine ● galvanized nails ● exterior paint.

Instructions: *Note:* To prevent splitting, drill small pilot holes for nails before nailing unit together.

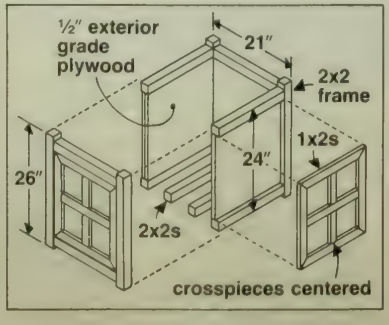
From 2×2 cut 4 corner frames and eight 18-in. top and bottom rails. All cuts must be square. On corner frames taper both ends ¼ in. on all sides.

From plywood cut 4 panels.

From pine cut cross pieces as shown on drawing (*right*). Glue pine cross pieces to plywood panels.

Nail rails to plywood at tops and bottoms. Nail corners into rails 1 in. from each end.

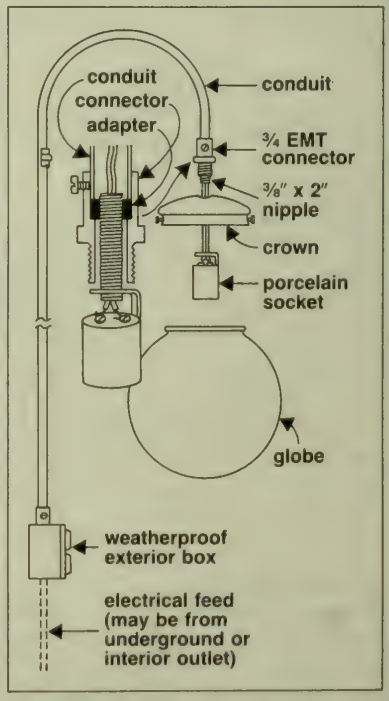
From 2×2 cut 2 pieces to fit inside box bottom. Nail to bottom rails. Set nails, fill, sand, prime, and paint.



59. OUTDOOR LIGHT, page 113

Materials: ● ¾-in. thin wall conduit ● weatherproof surface-mounted exterior electrical box with hinged covers ● exterior single pole electrical switch with outlet (3-wire) ● ¾-in. EMT connector ● globe crown ● oil lamp adapter ● ⅜×2-in. nipple ● porcelain socket with ground and ⅜-in. lamp stud bracket ● No. 16 or 14 color-coded copper electrical wire ● utility clamp or strap ● 10-in. frosted globe.

Instructions: Bend conduit to form crook. Wire exterior box. Run wire through conduit. Screw connector onto conduit. Attach rest, following diagram (*below*); adapter should be inside between conduit and flange. Thread nipple into adapter. Add socket and bulb. Attach conduit to wall with utility clamp or strap. Install globe.



61. DRAWING BOARD, page 114

Materials: ● 24×36×1-in. sheet plastic foam ● 4 yd. ¼-in. green cording ● 14-in.-sq. red vinyl ● 9×6-in. beige vinyl ● ¼ yd. each 45-in.-wide fabric: red star, blue polka dot ● ⅔ yd. 45-in.-wide red polka dot fabric ● 5 yd. 1-in.-wide red ribbon ● 1½-in. plastic foam ball ● 1½×⅛-in. wooden dowel ● 1⅓ yd. red yarn ● waterproof markers in black and red ● glue.

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always

Now you can have Always.®
Always maxi pads are different from her pads because they're covered with special material called Dri-Weave. Wetness passes through the Dri-Weave and virtually all of it is trapped inside the absorbent pad below—away from you. The surface of the pad stays cleaner to help you stay drier.

And, Always maxi and mini pads are low-shaped to give you protection where you need it the most. With the widest adhesive of any pad to help keep it securely in place.

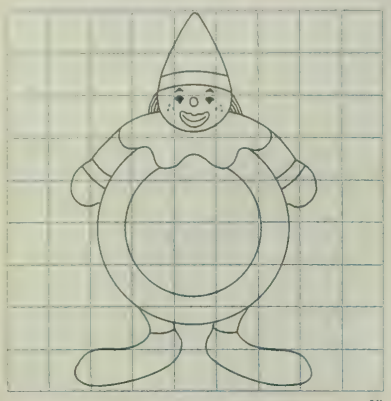
Always gives a cleaner, drier kind of protection than you ever expected from a pad. Why put up with anything less?

A cleaner, drier kind of protection than you ever expected from any maxi.



maxi pads
thin maxi pads
mini pads
pantiliners

100 Ideas



one square = 4"

Instructions: Enlarge pattern (*above*). Transfer pattern to plastic foam. Cut out clown shape. Using crafts knife, push red vinyl into plastic foam center and beige vinyl into area for face. Push fabric into remaining areas. Glue fabric and vinyl outside edges to plastic foam edges. Glue cording over indentations left between fabrics.

Draw face using markers. For nose, cut a small portion from one side of ball to make a flat surface. Paint ball red. When dry, press dowel into flat side of nose and then through vinyl into plastic foam behind face.

Cut yarn in half. Make six 4-in. loops for each side of head for hair. Glue in place on plastic foam edges. Glue and pin ribbon around all edges. When dry remove pins.

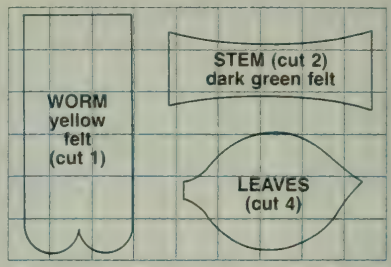
Center vinyl can be used as a chalk board for colored chalk or washable markers. To clean, wipe with cloth.

62. APPLE TOY BASKET, page 114

Materials: ● 2½ yd. 45-in.-wide red fabric ● 2 yd. 45-in.-wide quilted red fabric ● 1 yd. ¼-in.-wide elastic ● felt: ⅔ yd. white, 1 sheet yellow, ¼ yd. dark green ● 1 bag fiberfill ● thread ● round basket ● black embroidery thread ● cardboard.

Instructions: *Note:* Add ½-in. seam allowances throughout.

Basket cover: Measure basket. From red fabric cut circle with diameter of basket bottom; cut strip of length to fit around basket (measured at top), and width equal to basket height plus 8 inches. Cut same size pieces from quilted fabric. With right sides facing, sew red fabric to quilted fabric on long edges. Turn. Press. Fit circle to one



one square = 2"

tube edge. Stitch.

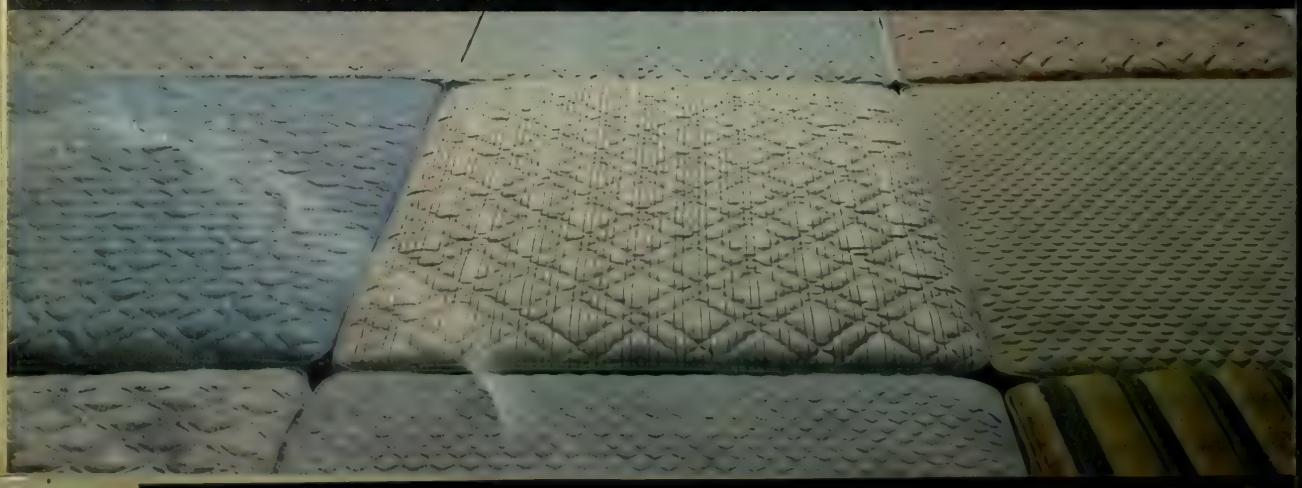
Sew elastic to quilted fabric top edge. Insert basket into bag and fold top edge down into basket.

Lid: From red fabric cut 2 circles using diameter of inside basket top. With right sides facing, sew together around half of circle. Turn. From cardboard cut 1 circle 1 in. smaller. Insert between fabric layers. Stuff above and below cardboard leaving center top with a small amount of stuffing. Complete stitching circle.

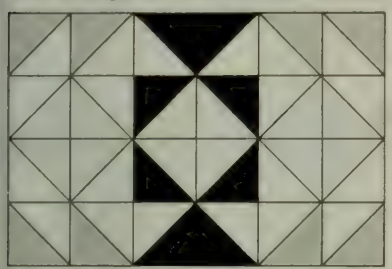
Enlarge patterns for leaves, stem, and worm (*above*). Cut leaves and stem from green felt. With right sides facing, stitch leaves in pairs leaving opening. Turn. Press. Stuff. Stitch closed. Sew stem leaving opening. Turn. Press. Stuff. Stitch closed. Sew leaves to stem bottom.

Du Pont TEFLON® soil & stain mattress protector on some models. Copyright © 1984 Simmons U.S.A.

CAN YOU FIND THE BEAUTYREST® IN THIS PICTURE?



From yellow felt cut worm. With right sides facing, stitch leaving opening. Turn. Press. Stuff. Stitch opening closed. Embroider eyes and mouth on worm. Sew stem and worm to apple top. Position top over basket.



☐ yellow ☐ orange ☐ white ■ red

64. TRICOLOR FAKE FUR GEOMETRIC RUG, page 114

Finished size is 32×48 in.

Materials: ● Imitation fur fabric in following amounts and colors: ½ yd. each yellow, orange, and red and 1¼ yd. white ● 1½ yd. 36-in.-wide canvas ● 2 pkg. white double-wide tape or rug binding.

Instructions: Cut canvas to 32×48 in. for back. Design is based on 8-in. squares. Cut triangles as follows adding ¾-in. seam allowances: 8 each yellow, orange, and red; 24 white. Sew in four strips following color diagram (*left*). Sew strips together in order. With right sides facing, sew tape to outside edges. Fit canvas to triangle backs. Stitch top to canvas by sewing around orange squares. Fold tape over canvas. Hand-stitch tape in place.

66. WOODEN SLED, page 115

Finished size is 8½×13½×32 in.

Materials: ● Two 8-ft. pieces 1×8-in. pine ● screws ● 6 ft. 5/16-in. hemp rope ● glue ● nails ● finish oil.

Instructions: Following drawing (*right*) cut tops reversing pattern for second half. Cut 2 runners, 6 braces, and 3 cross braces. In each runner drill a ½-in. hole 2 in. from front and 2½ in. from top for rope. Thread rope through holes and knot each end on inside.

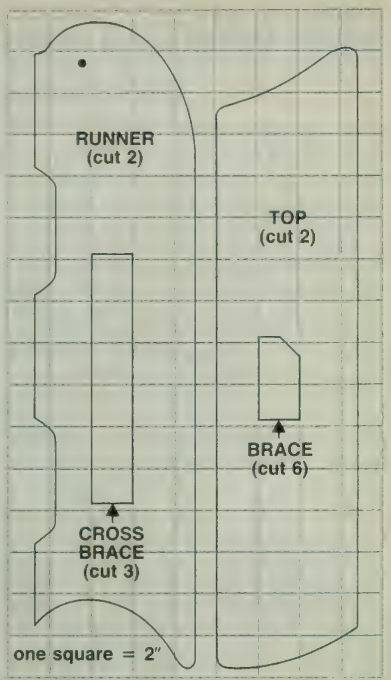
Glue and screw braces to each cross brace end. Glue and screw blocks to runners at 4 in., 16 in., and 26½ in. from front.

Glue and nail top pieces to runners and cross braces. Sand and oil.

If desired, stencil an eagle design on runners and/or the top of the sled. To purchase eagle stencils see page 188.

You may choose to hang your sled with the top, flat surface against a wall. This lets you use the back braces as shelves for displaying a collection of small treasures. Be sure to mount the sled securely to the wall. If you can't screw directly into wall studs, install screw anchors.

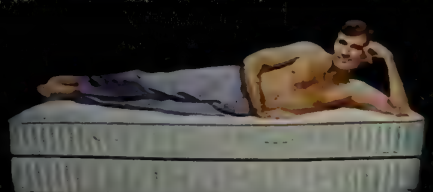
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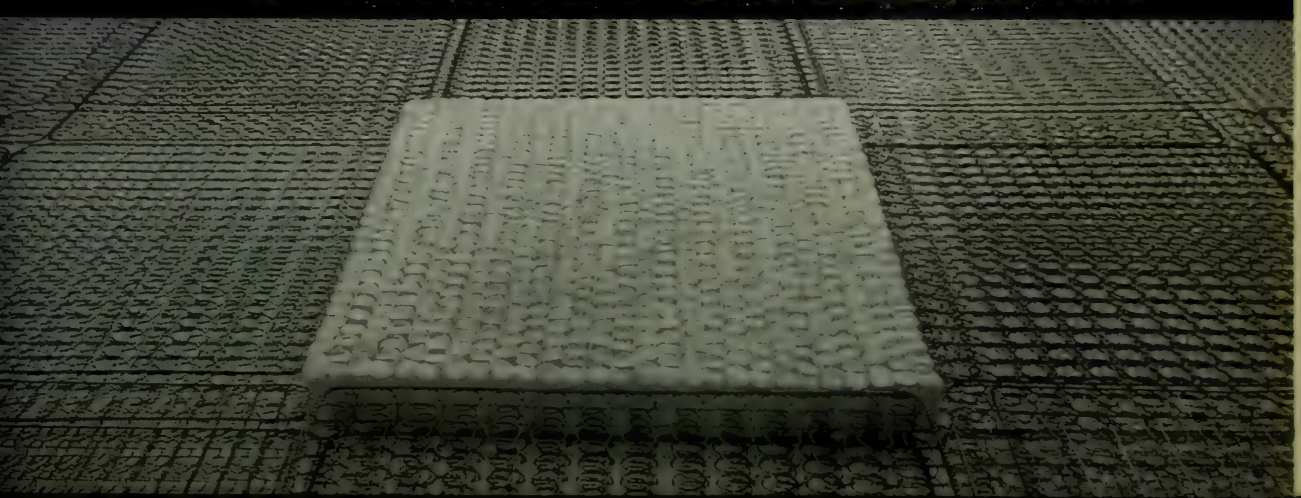
The Beautyrest difference. You can see it. And oh, can your back feel it. Because there's just no rest like a Beautyrest by Simmons.





Beautyrest® by Simmons

HOW ABOUT NOW?



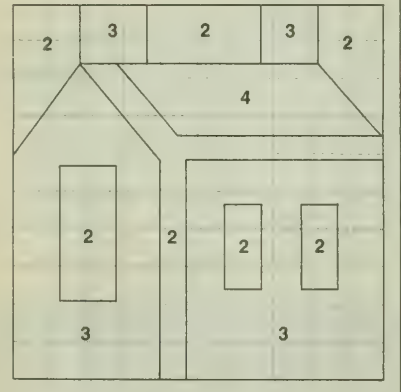
100 Ideas

67. PUNCHED RUG, page 115

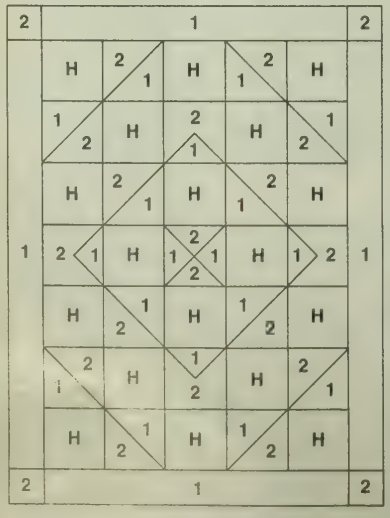
Materials: ● Rug yarn skeins in following amounts and colors: 8 each brown and gold; 11 blue; 5 red; 1 green ● 1 yd. 60-in.-wide burlap ● 2 qts. rug latex ● felt marker ● rug punch needle ● rug frame ● staples or tacks ● cardboard.

Instructions: Enlarge blocks and border pattern. Transfer to center of burlap. Cut a stiff paper template for house pattern; trace house pattern in H blocks. Stretch burlap on frame.

Work design in order: outline blocks and fill in diagonal lines with double row of brown; outline houses in single row of brown; fill in with colors shown—blue border, three rows of brown around rug edge.



1 - blue
2 - gold
3 - red
4 - green
H - house block
— brown outlines



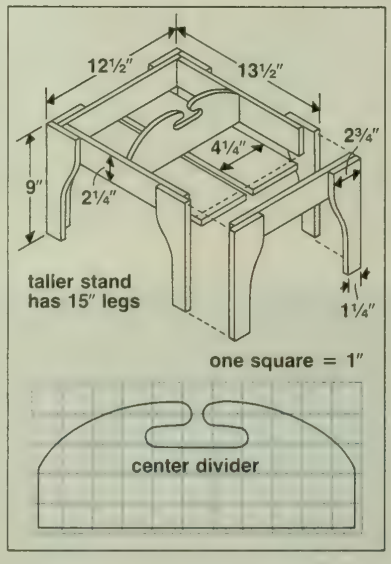
Remove rug from frame. Lay flat, wrong side up, on surface covered with plastic or newspaper. Trim burlap to 5 in. from hooking on all sides; trim corners diagonally. Using small cardboard pieces as squeegees, apply latex to rug back. Apply latex to burlap edges. Fold up all raw edges ½ in. Fold in corners diagonally. Press down firmly. Apply second latex layer to borders. Fold up sides. Lay flat on clean surface. Allow to dry overnight. Turn rug right side up and clip loose yarn ends.

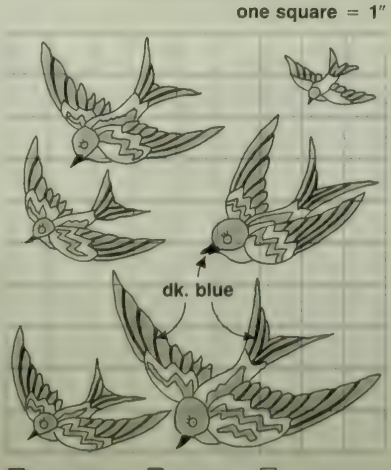
68. CADDY TABLES, page 115

Finished size is 12½×13½×15 or 9 in.

Materials: ● 8 ft. ½×6-in. pine ● 6 ft. ½×6-in. pine ● glue ● nails ● oil finish ● brads.

Instructions: Cut pieces from pine. With butt joints, glue and nail sides together and bottom to sides. Glue and nail center divider in place and legs at corners. Sand and finish.





71. BLUEBIRD TABLECLOTH AND NAPKINS, page 115

Materials: ● Linen tablecloth and napkins ● embroidery floss: light blue, dark blue, black, and cream.

Instructions: Enlarge and transfer pattern (*below left*) to tablecloth corners. Use smallest bird in each napkin corner and position other birds in a pleasing arrangment at tablecloth corners. Embroider birds using satin stitches, except work dark blue accents on wings and tails in outline stitch. Use French knots and black floss for eyes.

75. EXECUTIVE TOP, page 116

Materials: ● 5×4-in. and 8×3-in. hardwood ● 24-in. string ● paraffin.

Instructions: Mount 5×4-in. piece on lathe. Rough to a cylinder. Turn and work into cone shape (see drawing *below*). Turn cone shaft. Sand. Remove from lathe.

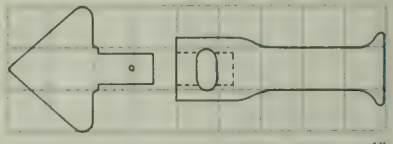
Mount 8×3-in. piece on lathe. Shape for handle base. Using drill bit the same size as top shaft, bore a hole in handle center. Remove handle from lathe. Drill ⅜-in. intersecting holes through shaft hole.

Insert top in handle and mark hole center on top shaft. Remove top. Drill ⅛-in. hole at mark.

Replace top in handle. Insert string through shaft hole into top hole. Turn top to wind string.

Invert top. Pull string quickly and evenly.

Note: Wax string end with paraffin to prevent fraying.



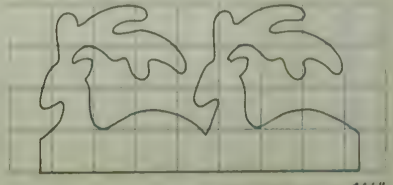
78. DEER TRAY, page 117

Finished size is 20½×11⅜×3½ in.

Materials: ● 4 ft. 12×½-in. pine ● wood screws ● glue ● stain ● varnish.

Instructions: From pine cut 2 deer ends following drawing (*below*), two 20½×1¼-in. sides, 11¼×20⅛-in. bottom. Rout ends and sides ½×3/16 in. to recess back. Rout sides ½×3/16 in. to fit ends.

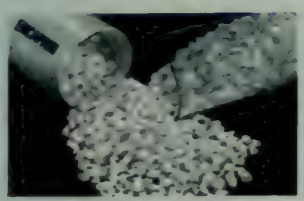
Glue, screw, and clamp together. When dry, sand, stain, and varnish.



continued

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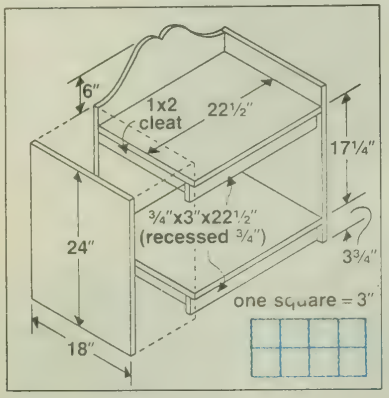


100 Ideas

81. NIGHTSTAND BOOKSHELF COMBO, page 118

Finished size is 24×18×23 in.

Materials: ●1 sheet ¾-in. particleboard ●10 ft. 1×2-in. pine ●4 ft. 1×4-in. pine ●glue ●nails ●oil-based paint.



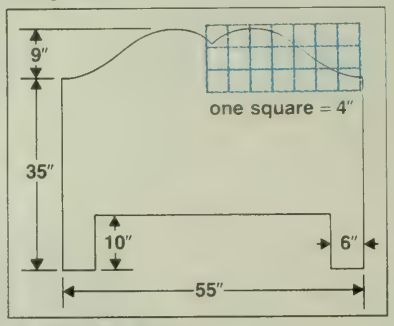
Instructions: From particleboard cut back, shelves, and ends. Following drawing (*above*) cut back design. From pine cut two 1×2-in. cleats and two 1×3-in supports. Glue and nail cleats to sides. Glue and nail ends to back, shelves to ends and back. Glue and nail supports in place. Fill, sand, and paint.

82. QUICK HEADBOARD, page 118

Finished size is 55×44 in.

Materials: ●1 sheet ¾-in. particleboard ●oil-based paint.

Instructions: From particleboard cut out headboard. Following drawing (*below*) cut design at top and legs. Sand and paint.



83. TULIP QUILT, page 118

Finished size is 80×100 in.

Materials: ●12 yd. 45-in.-wide white cotton fabric ●2½ yd. 45-in.-wide blue print fabric ●1 yd. 45-in.-wide blue fabric for binding ●82×102-in. quilt batting ●blue embroidery floss ●fusible webbing.

Instructions: *Note:* Use ¼-in. seams.

From white fabric cut two 105-in. pieces the width of the fabric for backing and 80 blocks 10½ in. sq. With right sides facing, sew back together.

From print cut 40 stems 10×½ in. on bias. Enlarge tulip block pattern (*page 187*) adding ⅛ in. only to leaf ends where they attach to stem. Cut 40 leaves and blossoms. Pin and baste pieces to background blocks using fusible webbing in order: leaves, stem, and blossom. Extend leaves ⅛ in. under stem and stem ⅛ in. under blossom. Trim stem end even with block edge. Stitch around edges in order given.

Embroider stamens using 3 strands of thread and running stitch. Make 3 French knots at stamen ends.

Enlarge quilting patterns B and C. Transfer B to 31 blocks and C to 9 blocks. Sew together following diagram (*page 187*). Sandwich batting between top and back. Baste. Quilt along lines shown and around tulips. Trim.

Binding: From blue fabric cut a 36-in. square. Cut diagonally from corner to corner. With right sides facing, sew together for bias strip. Draw lines 2½ in. apart parallel to bias. With right sides facing, sew fabric into tube. Cut along lines. Fold strip in half along bias. Press. With right sides facing, sew

continued



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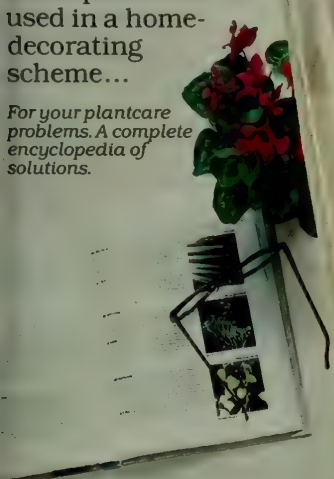
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1 cup orange marmalade
¼ cup LEROUX Triple Sec Liqueur
1 tablespoon spicy brown mustard
1 medium orange, thinly sliced and seeded
Whole Cloves

Heat ham according to label instructi in roasting pan with SilverStone.

Combine marmalade, LEROUX Triple Se and mustard in small saucepan with SilverStone. Heat until preserves melt.

Cut each orange slice into quarters. Remove ham from oven. Arrange orange slices on top of ham, in diagonal rows, starting at wide end. Secure each orange sl with a whole clove. Spoon glaze over orang slices during last 30 minutes of heating tin Serve remaining glaze as sauce.*

MAKES 12 SERVINGS.

*Garnish serving platter with orange twists and lemon leaves.





IPE CONTEST RULES

n a single piece of paper no larger than 8½"x11" ase use one side only) or on the official entry m. handprint or type your name, address, tele- ne and attach your recipe.
ail your entry to Gourmet Getaway Recipe Con- P.O. Box 627, Dept. S-360, Jenkintown, PA 19046. h entry must be mailed separately and post- rked by June 30, 1985 and received by July 15,1985. our recipe should use one ingredient from each hese three groups: Leroux—any of the 48 flavors Liqueurs; Armour—any Armour meat product; SilverStone—any type of cookware, bakeware electrics coated with SilverStone. Entries must ude directions for preparation, mixing, cooking nperature setting, cooking time and list all ingre- nts in standard U.S. liquid/dry measurements.
ll entries will be judged, and all winners chosen ales Aides International, an independent judging anization, whose decision is final. Judging will ased on the following criteria: Originality—20%, ativity—20%, Ease of Preparation—20%, Appro- teness—20%, and Taste 20%.
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ubmission of an entry gives The DuPont Company, eral Wine and Spirits Co., and Armour Food Com- y the right to edit, modify, adapt and publish or the recipe as it seems appropriate without fur- r consideration to the entrant.
he contest is open to residents of the U.S.A. of al drinking age in their state of residence at time ntry except employees of the SilverStone/Teflon sion of DuPont, Armour Food Company, General e & Spirits Co., and the Sheraton Corporation, ir affiliates, subsidiaries, distribution, advertising promotion agencies, alcohol beverage licensees the families of each. Void in Ohio, Texas, Penn- ania and wherever prohibited by law. Limit one e per family. Substitutions of prizes not per- tted. Taxes on prizes are the sole responsibility prize winners. All federal, state and local laws regulations apply.
Winners will be notified by mail. To obtain a list prize winners, send a stamped self-addressed velope to: Gourmet Getaway Prize Winners, P.O. x 627, Dept. S-364, Jenkintown, PA 19046.
he Grand Prize Winner will receive an all-expense 7-day/6 night trip for two to Munich including ndtrip coach airfare, double room accommoda- ns at the Sheraton Munich and $1,000.00 to spend. ee First Prize winners will receive a 5 day/4 night y at either the Sheraton Centre, New York, the eraton Seattle, the Sheraton Boston, the Sheraton ericas, Miami, the Sheraton Premiere, Los Angeles he Sheraton New Orleans, including roundtrip ch airfare and $500.00 to spend. Hotel prizes arded on a "first come" basis due to limited ce available at each hotel. Meals, taxes, gratui- s and incidentals are not included and are the ponsibility of the winners. Hotel accommoda- ns subject to availability and certain black out riods. Fifty second prize winners will receive electric skillet or 5-piece bakeware set with erStone; 50 third prize winners will receive The eraton World Cookbook, and 200 fourth prize nners will receive fry pans or covered saucepans h SilverStone.

FFICIAL GOURMET GETAWAY ENTRY FORM

e sure to follow all of the official rules. Com- ete this form and submit it to:

Gourmet Getaway Recipe Contest
P.O. Box 627, Dept. S-360
Jenkintown, PA 19046

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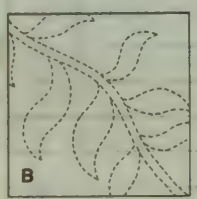
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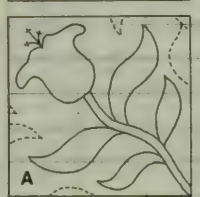
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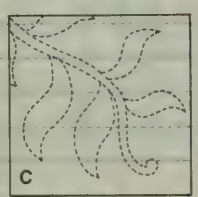
strips to quilt front. Fold binding to back. Hand-stitch in place.

block diagram

A	B	A	B	A	B	A	C
B	A	B	A	B	A	B	A
A	B	A	B	A	B	A	C
B	A	B	A	B	A	B	A
A	B	A	B	A	B	A	C
B	A	B	A	B	A	B	A
A	B	A	B	A	B	A	C
B	A	B	A	B	A	B	A
A	B	A	B	A	B	A	C
C	A	C	A	C	A	C	A







one square = 2"

84. PUPPET THEATER, page 118

Materials: ● 45-in-wide fabric in the following amounts and colors: 1 yd. each blue and quilted green, ¾ yd. red, ⅓ yd. white ● yellow and plaid scraps ● 2 pkg. single-fold white bias tape ● 1 pkg. double-fold white bias tape ● 29×¼-in. wooden dowel ● spring tension curtain rod ● thread ● embroidery floss ● Velcro fastening tape.

Instructions: Following drawing (*above right*) cut: red fabric, barn and silo; blue fabric, 34×33-in. sky. Baste barn and silo to sky. Machine-appliqué around silo. Pin single-fold bias tape over outside raw edges of barn and around hayloft. Stitch. From white fabric cut cloud. From yellow fabric cut hay and chicken legs and beaks. Machine-appliqué cloud and hay.

Cut opening for barn door from sky. Sew double-fold tape to barn door opening, mitering corners.

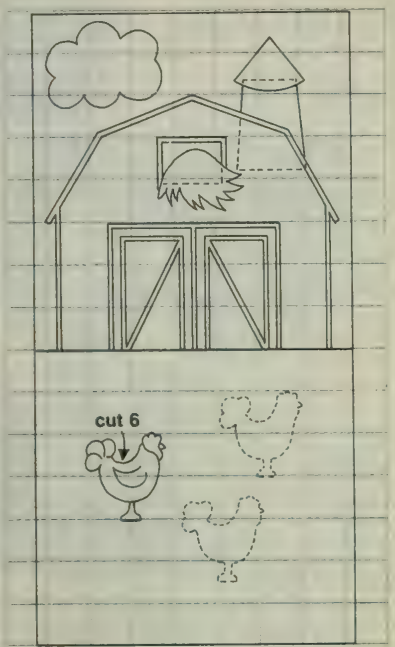
From white fabric cut chicken pockets. With right sides facing, sew a pair of bodies together leaving opening for turning. Clip, trim, turn. Sew opening closed. Topstitch tail and wing details. Repeat for remaining 2 chickens.

From green fabric cut 33×33-in. grass. Machine-appliqué chickens to grass leaving chicken backs unstitched for pockets. From red fabric cut chicken heads. Appliqué to grass and chicken bodies. Make French knots for eyes.

Sew grass to sky using ½-in. seam allowance. Sew bias tape to seam allowance. Press seam down making pocket for dowel. Hand-stitch in place.

Hem top and bottom with a 2-in. hem at top and 3-in. hem at bottom. Insert dowel in pocket between sky and grass.

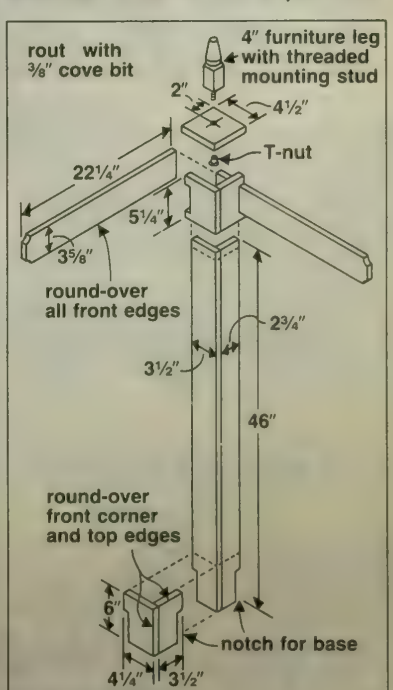
Barn door: From red fabric cut 19×15-in. rectangle. Narrow-hem all edges. Stitch tape details on front. Center door over opening on barn. Stitch along top edge. Sew Velcro pieces to bottom back corners of door and to theater back about 10 in. from top. Insert curtain rod in top hem.



one square = 4"

85. COATRACK, page 118

Materials: ● Two 8 ft. 1×4-in. pine ● 4 ft.



continued on page 200

Buying Guide

Most of the products shown editorially in *Better Homes and Gardens*® can be obtained in leading local stores. For more information, write the manufactures listed. Some privately owned or custom-made items are omitted from the product listing.

UP-TO-DATE LOOKS FOR OLD BATHS

Page 40 (*left*): Fabric "April Showers"—Cohama Fabrics, 200 Madison Ave., New York, NY 10016. **Hanging light**—Crate & Barrel, 850 N. Michigan Ave., Chicago, IL 60611.

Pages 40-41: Tile—Hastings Tile and Il Bagno Collection, 410 Lakeville Rd., Lake Success, NY 10040. **Lighting**—Casella Lighting, P.O. Box 77171, San Francisco, CA 94107. **Wall covering**—Marimekko by Motif Designs, 90 Lyncroft Rd., New Rochelle, NY 10804.

Page 42 (*top*): Fabric—Donghia Fabrics, 315 E. 62nd St., New York, NY 10021. **(*Bottom*): Plastic shelving and mirror**—Kartell USA, P.O. Box 1000, Easley, SC 29640. **Lighting**—Lightolier, 346 Claremont Ave., Jersey City, NJ 07305.

Page 43: Wall covering—Robert Allen Fabrics, 55 Cabot Blvd., Mansfield, MA 02048. **Light fixtures**—Koch & Lowy, Inc., 21-24 39th Ave., Long Island City, NY 11101. **Ceiling material**—MDC Wall Coverings, Inc., 4607 W. Lexington, Elk Grove Village, IL 60644.

TODAY'S NEW HOUSES

Page 64 (*top right*): Dishwasher, refrigerator, microwave, range—Whirlpool Corp., Benton Harbor, MI 49022. **Sink**—Kohler Co., Kohler, WI 53044. **Faucets**—Delta Faucet Co., P.O. Box 31, Greensburg, IN 47240.

Page 65: Wood stove—Hearthstone, Hearthstone Way, Morrisville, VT 05661.

Page 66: Siding—Masonite Corp., 29 N. Wacker Dr., Chicago, IL 60606.

100'S OF IDEAS

Page 102 (*No. 4*): Wood letters and decorations—Arbor Hill House, 2525 Stringtown Rd., Evansville, IN 47711.

Page 103 (*No. 7*): Aircraft plywood—Sig Mfg. Co., Inc., Montezuma, IA 50171. **(*No. 9*): Electric knife**—Hamilton Beach, Div. of Scovill Mfg., P.O. Box 2027, Washington, DC 27889. **Knives**—Fiskars Mfg. Corp., 10261 Yellow Circle Dr., Minnetonka, MN 55343. **(*No. 10*): Hinges**—The Woodworker's Store, 21801 Industrial Blvd., Rogers, MN 55374.

Page 104 (*No. 11*): TV—Montgomery Ward, 20N Montgomery Ward Plaza, Chicago, IL 60671. **(*No. 14*): Plywood**—Georgia-Pacific Corp., 133 Peachtree St., NE, P.O. Box 105605, Atlanta, GA 30348. **(*No. 15*): Music box movement and stopper**—Klockit, P.O. Box 629, Highway H, N, Lake Geneva, WI 53147. **(*No. 16*): Teapot, cups, saucers**—"Indian Tree"—Spode, Inc., 26 Kennedy Blvd., East Brunswick, NJ 08816.

Page 107 (*No. 26*): Styrofoam plastic foam—The Dow Chemical Co., Midland, MI 48640.

Page 108 (*No. 32*): Sheet and pillow shams—Montgomery Ward (address above).

Page 109 (*No. 39*): Plywood—Georgia-Pacific Corp. (address above). **(*No. 40*): Dolls**—Kelly Johnson, 9364 Whispering Leaves Ln., Santee, CA 92071. **Tatting on dress:** Virginia Curtis, Miniature Needlework, 27 Civic Center Dr., National City, CA 92050. **Chair**—P.S. Miniatures, 742 N. Midway, Escondido, CA 92027.

Page 110 (*No. 42*): Wood fiber carvings—The Woodworker's Store (address above).

Page 111 (*No. 46*): Oven and range—Modern Maid, P.O. Box 1111, Chattanooga, TN 37401. **Hood**—NuTone, Cincinnati, OH 45201. **Tile**—Stonlite, San Jose, CA 95110. **Refrigerator**—Montgomery Ward (address above).

Page 112 (*No. 52*): Cow stencil—The Whole Kit & Kaboodle Co., Inc., 8 W. 19th St., New York, NY 10011. **(*No. 53*): Waferwood**—Louisiana-Pacific Corp., 111 SW. Fifth Ave., Portland, OR 97204.

Page 113 (*No. 56*): Aerial Hook-n-Ladder—Nylint Corp., 1800 16th Ave., Rockford, IL 61101.

Page 114 (*No. 61*): Styrofoam plastic foam—The Dow Chemical Co. (address above).

Page 115 (*No. 66*): Eagle stencil—The Whole Kit & Kaboodle Co., Inc. (address above). **(*No. 70*): Bevel glass mirror**—Bard's Products Inc., 1825 Willow Rd., Northfield, IL 60093.

Page 116 (*No. 77*): Checkerboard veneer—Bob Morgan Woodworking Supplies, 1123 Bardstown Rd., Louisville, KY 40204. **(*No. 79*): Veneer and inlay**—Constantine's, 2056 E. Chester Rd., Bronx, NY 10461. **Quartz movement**—Klockit (address above).

Page 118 (*No. 84*): Farmer puppet—Playtime Pals, 411 S. Lincoln, Osceola, IA 50213.

Page 119 (*No. 89*): Chicken clay pot—Nordic Ware, 5005 Hwy. 7, Minneapolis, MN 55416.

Page 120 (*No. 94*): Unicorn stencils—The Whole Kit & Kaboodle Co., Inc. (address above). **Brass bed**—Montgomery Ward (address above).

REDISCOVER GREAT HOME BAKING

Page 124 (*top*): Measure—Hammerplast, 212 Fifth Ave., New York, NY 10010. **Bowl**—J.P. Stevens, 1185 Ave. of the Americas, New York, NY 10036.

Page 125 (*top*): Mixer—Sunbeam Corp., 5400 W. Roosevelt Rd., Chicago, IL 60650. **Spatula**—Rubbermaid, Inc., Rt. 5, Wooster, OH 44691. **Measure**—Catamount Glass, Inc., P.O. Box J23, North Bennington, VT 05257. **Blue bowl**—Copco, Inc., 50 Enterprise Ave., Secaucus, NJ 07094.

Page 126 (*top*): Saucepan and spoon—Copco (address above).

Page 127 (*top*): Bowl—Ralph Lauren, J.P. Stevens (address above). **Measuring spoons**—Hoan Products, Ltd., 615 E. Crescent Ave., Ramsey, NJ 07446. **Fork**—Dansk International Designs, Inc., Radio Circle Rd., Mt. Kisco, NY 10549. **Measuring cups**—Rubbermaid (address above).

DAIRY GOODNESS YOU MAKE YOURSELF!

Page 128: Pitcher—Williams-Sonoma, 532 Sutter St., San Francisco, CA 94102. **Canister**—Anchor Hocking Glass Corp., Fifth & Pierce Sts., Lancaster, OH 43130.

PRIZE TESTED RECIPES

Page 143 (*left*): Board—Hartstone, 299 E. Ridgedale Ave., P.O. Box 400, East Hanover, NJ 07936. **(*Right*): Plate** "Aragon"—Villeroy & Boch (address above).

Page 144 (*left*): Platter "Trout Flies"—Epoch Merchandising, Inc., 41 Madison Ave., New York, NY 10010. **(*Right*): Cup and saucer** "Siena"—Villeroy & Boch Tableware Ltd., 41 Madison Ave., New York, NY 10010.

CREDITS FOR 100 IDEAS UNDER $100

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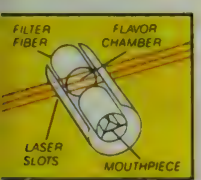
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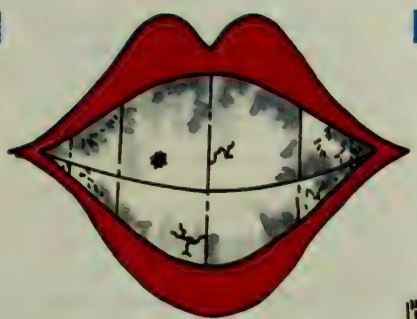
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The Keys to A Healthy Smile





Forty years ago, nearly every child towed into a dental office in the grip of a dutiful parent was likely to have a mouthful of cavities.

Bred in part by close acquaintance with too many sugar-coated whatnots, tooth decay in those days was the bane of American youth — or one of them at least. Almost no one passed through childhood without acquiring an oral silver mine of dental fillings, and many youngsters could expect to lose a permanent tooth or two before the senior prom rolled around.

Decay Threat Declines

In the past two decades, the general threat of dental decay has declined by roughly 50 percent. And in the age group at greatest risk of the disease — children five to 17 years old — more than a third have never had a cavity. Americans today have a better chance of keeping their teeth for a lifetime than any people in history. Twenty years ago, a third of the U.S. population wore dentures. Today that figure has fallen to about 20 percent and continues its gradual decline.

Dentistry's success in combating tooth decay can be traced to a wide range of research discoveries and scientific developments, all of them tied to a professional emphasis on disease prevention, the cornerstone of modern dental care. Chief among these research findings was the decay-fighting value of fluoride, a substance found naturally in the earth. Fluoride has the capacity to fuse with tooth enamel, a union that strengthens the otherwise vulnerable tooth structure against bacterial acids that cause decay.



At the close of World War II, community leaders in a small Midwestern town made a decision that would have far-reaching effects on the dental health of all Americans. Grand Rapids, Mich., became the first American community to add fluoride to its public drinking water, setting a trend that has endured. Today about 123 million people, roughly half the U.S. population, live in cities and towns where the drinking water is fluoridated against disease, a community health measure supported by every major health organization in the world.

After fluoridated water came fluoridated toothpastes — the first of these accepted by the American Dental Association in 1960 as "an effective decay preventive dentifrice...when used in a conscientiously applied program of oral hygiene and regular professional care," language that has become nearly as familiar a slice of Americana as the opening lines of the Gettysburg Address.

"The development of over-the-counter fluoridated dental products for the home dramatically has reduced the threat of oral disease and improved the chance of keeping teeth for life," says Dr. Edgar W. Mitchell, secretary of the American Dental Association's Council on Dental Therapeutics.

Along with fluoridated toothpastes came direct applications of fluoride — available through your dentist — fluoridated gels and fluoridated mouthrinses. All have contributed to the welcome decline in cavities.

"The development of over-the-counter fluoridated dental products for the home has dramatically reduced the threat of oral disease and improved the chance of keeping teeth for life "

The future holds even greater promise. Dentists already are able to coat a child's back teeth in durable plastics that shield the teeth against decay-causing acid. And dental scientists are hard at work on an anti-cavity vaccine that could be used to immunize infants against cavities for life — a development that may some day add dental decay to the lengthening list of conquered human ailments.

(continued)

Periodontal Disease: The No. 1 Threat to The Adult Mouth

With the dental profession's success in fighting tooth decay helping more of us to keep our teeth for a lifetime, the threat of another, potentially more devastating oral disease, looms larger. Periodontal disease, better known to most of us as gum disease, today heads dentistry's list of health-threatening oral ailments.

"Tooth decay was the principal concern of most dentists 20 years ago," says Dr. Clifford H. Miller, associate dean of Northwestern University's School of Dentistry in Chicago. "But today periodontal disease has almost replaced cavities as our main concern."

Silent and insidious, often present in the mouth without discernible symptoms, periodontal disease attacks the gums, bones and other tissues that support teeth. Left untreated, periodontal disease leads inexorably to tooth loss. It is, in fact, the major cause of tooth loss in adults and the chief reason why about half of Americans over the age of 60 have no teeth at all.

In these pages, we will explore the causes, prevalence, prevention and treatment of periodontal disease. The object of this report is to help you, your family and friends avoid the disease, preserve your teeth and retain good oral health.

Prevalence of Disease

Periodontal disease afflicts nine out of 10 people in the course of their lives. Long regarded as an ailment exclusive to adults, it has been detected in teenagers and even in young children. More than half of all adults over age 18 have the disease at least in its early stages. And perhaps the most startling fact of all: periodontal disease is responsible for 70 percent of all tooth loss.

Cause of Disease

The chief cause of gum disease is that sticky, nearly invisible germ-laden film that collects on teeth. Plaque is produced from several forms of bacteria combined with saliva, food debris and fluid secreted from under the gums.

The heaviest concentrations of plaque tend to be at the point where the teeth meet the gums and between the teeth. Plaque hardens and can be removed only by a dentist or dental hygienist.

"The amount of bacterial plaque and calculus produced in the mouth varies," says Dr. Sheva Rapoport, a Pennsylvania periodontist and consultant for the American Dental Association. "Some people tend to produce more of it than others."

Poor oral hygiene habits — improper or irregular brushing and flossing and infrequent dental visits — allow plaque and calculus to build up, causing gum inflammation and the start of a serious and potentially debilitating disease.

Though plaque is the chief cause of periodontal disease, other factors may contribute to our chances of getting it. Conditions that interfere with the body's immune system — hormonal imbalances

Look what brushing and flossin



related to thyroid malfunction, diabetes and pregnancy — may increase the risk or severity of disease. Some people may have a greater predisposition to periodontal ailments due to hereditary factors. Also, smokers and tobacco chewers often have poorer oral hygiene than those who don't use tobacco, a fact that boosts their susceptibility to periodontal disease. Certain medications — oral contraceptives, steroids, some cancer-therapy and anti-epilepsy drugs — may also increase the risk and severity of gum disease.

Prevention and Detection

Most people brush their teeth each day, but only a small proportion — less than a third of the population — floss regularly. Failure to perform both tasks daily, and to perform them properly, makes periodontal disease a near certainty for most Americans.

Your dentist or dental hygienist should be consulted for advice on proper brushing and flossing techniques; such factors as the positioning and number of teeth in your mouth can affect the sort of daily regime that's right for you.

As a general rule, the American Dental Association advises the use of a soft-bristle toothbrush along with an ADA-accepted fluoride toothpaste. A hard-bristle brush, the ADA cautions, may damage sensitive gum tissues or wear down tooth enamel.

Place the brush at a 45-degree angle to the teeth and gums. Stroke the teeth from side to side (not up and down) in a gentle scrubbing motion, concentrating on small groups or sections of teeth until all have been cleaned. You must also brush the inside surfaces of your teeth where plaque and calculus deposits are often heavy, and the chewing surfaces where food particles collect. Also, take a moment to brush your tongue. Doing so helps remove bacteria from the mouth and freshens the breath.

To floss, break off a strand about 18 inches long and loop one end around the middle finger of both hands, using the thumbs and forefingers for control. In a gentle sawing motion, ease the floss between the teeth and slip it down to the gumline. Angle it against the side of a tooth and carefully scrape up and down, gradually lifting the strand from the gumline to the tooth crown. Repeat the process for both sides of each tooth.

To round out your oral hygiene program, make it a point to visit a dentist at least once a year, preferably twice. "Actually, the number of essential visits depends on the individual and varies from patient to patient," says Dr. Erwin Barrington, professor of periodontics at the University of Illinois and president of the American Academy of Periodontology.

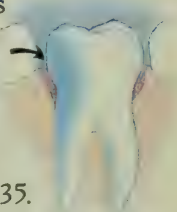
Periodontal disease is often present in the mouth without visible symptoms, but when symptoms are present, probably the most common early sign is bleeding gums. Gums that bleed during brushing and flossing should not be ignored.

(continued)

st missed.



There's a whole mouthful of problems hidden in small pockets just under the gumline. Like minute food particles. And irritating debris and residues.



You can't see them. But they can contribute to serious gum disease—the major cause of tooth loss in adults over 35.

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"At age 36, I lost 5 teeth.

Not to cavities. But to gum disease."

"I was always told I had such pretty teeth. And it had been years since I'd had any cavities.

"Then the dentist told me I had gum disease and I had to have some teeth pulled."

Gum disease.

It's the major reason adults lose teeth. And it strikes 3 out of every 4 adults.

Because, chances are, they're not visiting the dentist often enough.

So things like pink on the toothbrush and occasional tenderness are ignored.

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And that's when gum disease takes hold.

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Don't wait till it hurts.

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Poor oral hygiene habits allow plaque and calculus to build up, causing gum inflammation.

Symptoms of Disease

Along with bleeding, diseased gums may appear swollen and red. They may be tender to the touch or seem to be shrinking away from the teeth. These symptoms, unfortunately, may produce no discomfort. And for that reason, they are often ignored or overlooked — until it's too late.

The disease in progress often fills the mouth with a foul taste. Other symptoms that may show up in the diseased mouth include loose, protruding or shifting teeth and painful abcesses that develop when pus collected in the pockets between teeth and gums is unable to drain out. These more obvious signs of trouble usually don't appear until the disease is well advanced.

(continued)

THE BEST DEFENSE AGAINST PLAQUE IS A GREAT OFFENSE

Plaque is the single greatest cause of gum disease and tooth loss in adults. Your best defense against plaque is brushing, flossing and regular checkups with your dentist. Daily brushing with an Oral-B toothbrush is your first line of defense against plaque buildup. Professionally designed Oral-B brushes give you the best possible care for your teeth and gums, Oral-B is the toothbrush recommended by more dentists.

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Let the Oral-B team help you win the fight against plaque.

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To the Dealer: Send this coupon to Oral-B Laboratories, Inc., Redemption Center, PO Box 4352, Clinton, Iowa 52734 for reimbursement of face value plus 8¢ handling. Invoices proving purchase of sufficient stock to cover coupons must be shown upon request. Failure to do so will void all coupons. Coupon may not be assigned, transferred or reproduced. Sales tax must be paid by consumer. Good only in U.S.A. Void wherever prohibited, taxed or restricted by law. Cash value 1/100¢. Redeemable only on the retail sale of Oral-B Toothbrush. Any other use constitutes fraud.

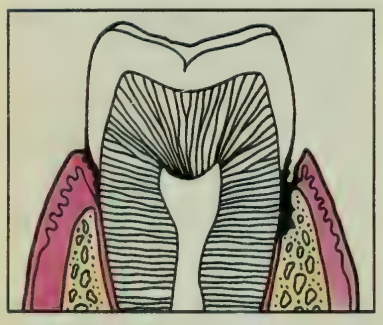
Limit one coupon per purchase.

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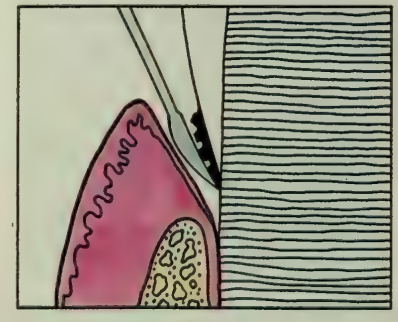
B.H.&G

Diagnosis and Treatment

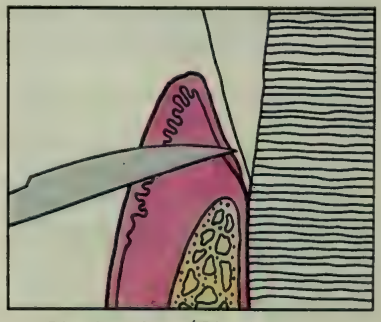
In most cases, gum disease is first diagnosed by general dentists who, with dental hygienists, are at the forefront in educating and motivating patients in disease prevention. General dentists are often involved in treating gum disease in its earliest stages. Most, however, will refer intermediate and advanced cases to periodontists, oral health specialists specifically trained in the nuances of gum disease treatment techniques.



Cross-Section of Teeth and Gum



Scaling/Curettage



Gingivoplasty/Gingivectomy

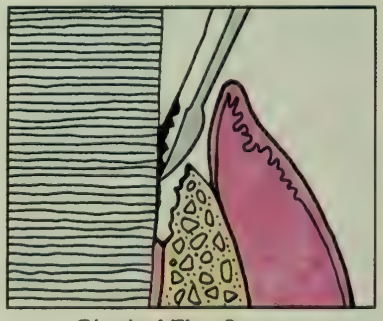
The thrust of all periodontal therapy is to restore diseased tissues to a healthy state. The common treatment for the disease in its early stages involves scaling (removing plaque and calculus from tooth surfaces), root planing (smoothing out the tooth root surfaces after the debris has been cleared away) and curettage (scraping plaque and inflamed tissues from the pockets around the teeth).

In more advanced cases, periodontal surgery may be prescribed to remove calculus from deep pockets, reduce pocket size and rearrange soft tissues in a shape more easily cleaned by the patient.

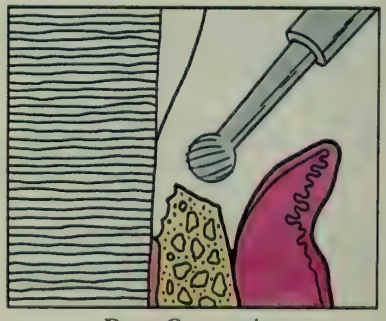
When pockets are present but the underlying bone is not destroyed, a surgical procedure known as a gingivectomy may be performed in which the gum tissue forming the pocket's outer wall is removed.

When pockets are deep and simpler procedures will not suffice, a procedure called flap surgery may be necessary. The gum tissue in the infected area is lifted away, allowing the dentist access to the tooth root. Calculus and inflamed tissues are then removed and the gum replaced and sutured into position. In some instances, the underlying bone may be damaged and require reconstruction and contouring to facilitate gum reattachment.

In advanced cases, teeth may be splinted — joined together to provide extra stability and support — using screws and metal pins. The periodontist also may recommend bone grafting. Bone is taken from another area of the mouth and grafted to the site of bone loss. Years of research have yielded the development of synthetic bone replacement materials that combine with natural bone. These materials have been used, though not widely, to correct disease-induced bone defects and to shore up the ridge that supports our lower teeth. Advanced periodontal therapy also may incorporate orthodontic treatments to restore the patient's misaligned bite or occlusion.



Gingival Flap Surgery



Bone Contouring

In recent years, some dentists have advocated a nonsurgical periodontal treatment commonly known as the Keyes Technique. Named for Dr. Paul Keyes, a dentist and former research scientist with the National Institute of Dental Research, the technique calls for the dentist to use a microscope to monitor bacterial activity in the mouth and requires the patient to stick to a rigorous home-care program using a number of common household products.

Patients are instructed to brush and floss daily with a mixture of baking soda, salt and hydrogen peroxide, followed by flushing and rinsing with a salt solution delivered by a pulsating irrigation device. In some instances, Dr. Keyes may prescribe antibiotics to help knock out the infection. Periodontal surgery is a last resort.

The so-called Keyes Technique, more properly known as Modulated and Monitored Therapy (MMT), has triggered a controversy in periodontal care. Dr. Keyes himself claims his procedure has been distorted and misrepresented. He notes that the method, in addition to oral hygiene and like conventional periodontal treatment, relies on "meticulous

(continued)

98% OF THE PEOPLE READING THIS AD HAVE PLAQUE.

They can reduce it as much as 50% with Listerine®.

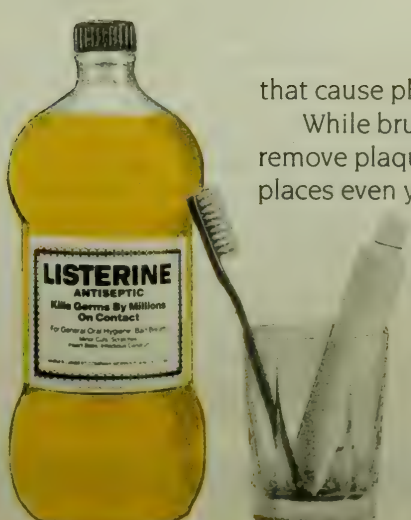
You can't always see it.
You may not even feel it.
But it's there.

It's that almost unseen but most unwelcome enemy called plaque.

What's most surprising is that there's an easy way to reduce it.

So you can have a cleaner, fresher mouth. And one less thing to worry about.

Clinical evidence now proves the same old Listerine Antiseptic that kills the germs that cause bad breath also kills something else: the germs that cause plaque buildup.



While brushing alone can of course remove plaque, Listerine can get to places even your toothbrush can't.

So with a professional cleaning, regular brushing, and rinsing with Listerine twice a day, you can reduce plaque buildup up to 50% over brushing alone for better oral hygiene.

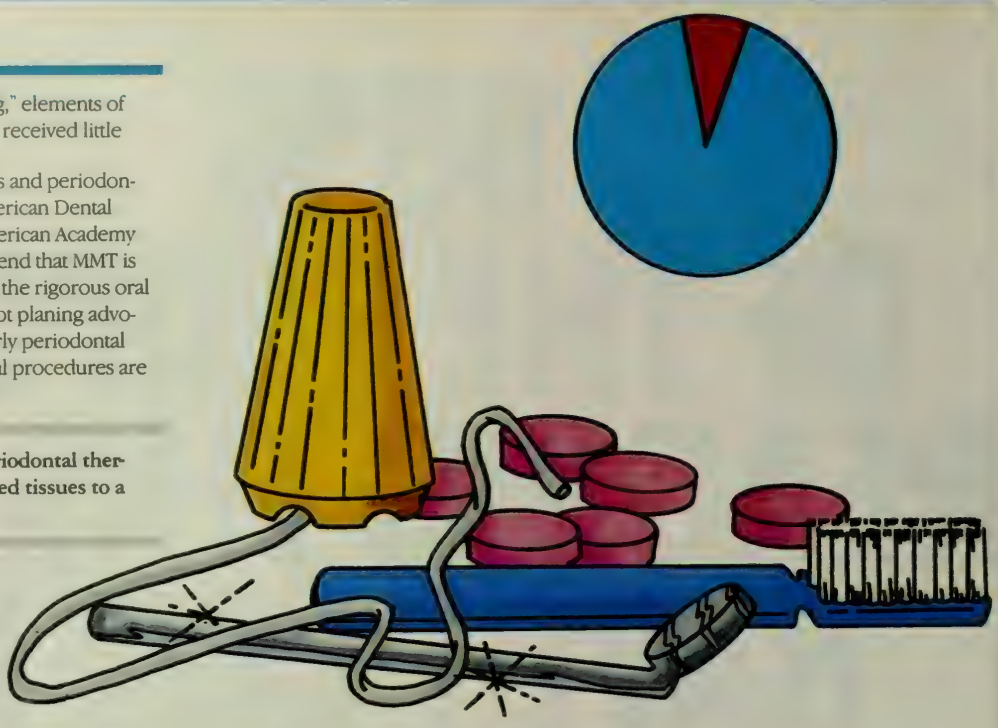
A fact that at least 98% of those reading this ad should be very happy to hear.

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scaling and root planing," elements of the technique that have received little media attention.

Many general dentists and periodontists, along with the American Dental Association and the American Academy of Periodontology, contend that MMT is really nothing new, that the rigorous oral hygiene, scaling and root planing advocated are basic to all early periodontal therapy and that surgical procedures are a last resort in all cases.

The thrust of all periodontal therapy is to restore diseased tissues to a healthy state.



"The knowledge that bacteria cause disease is well established," said Dr. Gerald Kramer, director of the Massachusetts-based Institute for Advanced Dental Studies. Dr. Kramer and others have pointed to a lack of "valid, carefully controlled proof" that MMT really works.

Find a dentist you trust. Ask questions about treatment procedures. Follow instructions. Pay attention to your oral health — to the conditions in your mouth — and chances are good you will keep all your teeth all your life.

In a position paper on this subject, the American Academy of Periodontology states: "In an effort to make treatment for gum disease as therapeutic, simple and cost effective as possible, various treatment methods have been continually evaluated by the profession's investigators. Some of these evaluations have been directed at comparing the effectiveness of various antibacterial agents. None of the literally dozens of agents tested, including baking soda and peroxide, justifies elimination of periodontal surgery in advanced cases."

The dialogue on this issue continues. But for the periodontal patient, what matters is to seek and receive treatment that works.

Find a dentist you trust. Ask questions about treatment procedures. Follow instructions. Pay attention to your oral health — to the conditions in your mouth — and chances are good you will keep all your teeth all your life.

The great challenge to the dental profession is to help you preserve your healthy teeth and gums by getting the word out on a potentially devastating ailment. For its part, the American Dental Association has produced a wide assortment of patient-information materials on gum disease, including television public service announcements, films for school and community group showings and several informative booklets, which dentists may share with their patients.

"The level of public awareness is increasing," says Dr. Marvin Rosenberg, visiting associate professor of periodontics at both the Boston University and University of Pennsylvania dental schools. "But we have a long way to go before the American public learns enough about this widespread disease so that it can be brought under control."

Brush them and floss them and take them to the dentist. Care for them and they will stay with you.

The dentist's job is to help you help yourself. But the chief responsibility for gum disease prevention rests squarely on your shoulders. "Teeth," said Cervantes, "are more precious than diamonds." And like diamonds, they are worth keeping. Brush them and floss them and take them to the dentist. Care for them, and they will stay with you.

Ignore them, and they'll go away.



American Dental Association



Teach her good habits now and missing teeth may never be more than make-believe.

She fits a dab of black wax over a tooth and presto! her costume is complete. But even as she listens for her cue, a process is at work that could make that "missing" tooth a gaping reality before she's 35.



Gum disease begins when plaque builds up between teeth and gums. Of children age 12 and up, *one third* are affected. Warning signs: gums that look inflamed; gums that bleed easily.

23 million Americans have lost all their teeth. Millions more wear partial dentures. And, in many cases, tooth decay was *not* to blame.

The culprit: a gummy, invisible substance called *plaque* (say "plak"), and the unfelt march of gum disease.

What is plaque?

Plaque is a film of living bacteria that clings to teeth and builds up fast. These bacteria produce irritants which attack the gums and the tissues that hold the teeth in place.

If the plaque is not removed, the irritation worsens. The bone itself may come under attack. The teeth, left unsupported, can be lost.

Now the good news: Gum disease is almost always preventable. In the early stages, it is often reversible.

A daily routine of brushing and flossing, along with regular dental check-ups, is the key to helping your children keep their teeth for life. Your dentist will tell you that it is these good habits that help keep teeth and gums healthy.

For pointers on how you can get your children to *want* to take care of their teeth, send for Aim's free booklet, "A Parent's Guide to Hassle-Free Cavity Fighting."

To get your free "Parent's Guide," send your name and address to:

PARENT'S GUIDE, P.O. Box 4088
Monticello, MN 55365

Why choose Aim

Aim® does more than fight cavities with fluoride. Aim has the taste children like. Kids who *enjoy* brushing are more apt to brush longer, better, and more often. Aim's taste helps children develop good brushing habits that last.

Aim...
for fewer cavities now
and good habits
that last a lifetime.



Accepted Council on Dental Therapeutics American Dental Association

Aim has been accepted by the American Dental Association. For a total dental program:
1. Brush often with Aim Regular or Aim Mint. 2. Floss daily. 3. Limit snacking. 4. See your dentist regularly.

continued from page 187

100 Ideas

1×6-in. pine ●4-in. furniture leg with threaded stud ●T-nut ●six 3½×⅝-in. wooden shaker pegs ●flathead wood screws ●paint ●glue.

Instructions: Following drawing cut pieces. Glue and screw post together. Add support block inside top and bottom. Rout design on arm edges. Attach arms to block and post. Rout base. Glue and screw base to post.

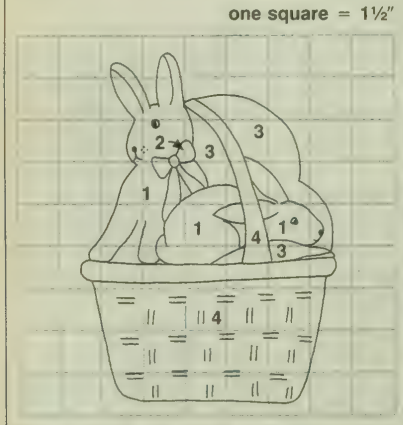
Rout edges for top. Glue and nail top together. Drill hole in top center for furniture leg. Attach leg using T-nut.

Drill holes for pegs. Glue pegs in place. Sand and paint.

86. BUNNY DOORSTOP, page 118

Materials: ●20×12×¾-in. pine ●two 1¼-in. screws ●acrylic paint: blue, yellow, white, pink, and black.

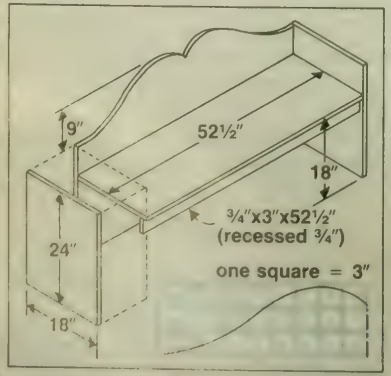
Instructions: Cut out design and brace. Rout or woodburn design on front. Paint design on board. Screw brace at back, centered and flush with bottom. Highlight design lines with black paint.



87. EASY BENCH, page 119

Finished size is 54×18×33 in.

Materials: ●2 sheets ¾-in. particleboard ●8 ft. 1×2-in. pine ●5 ft. 1×4-in. pine ●glue ●nails or screws ●oil-based paint.



Instructions: From particleboard cut ends, seat, and back. Cut back design.

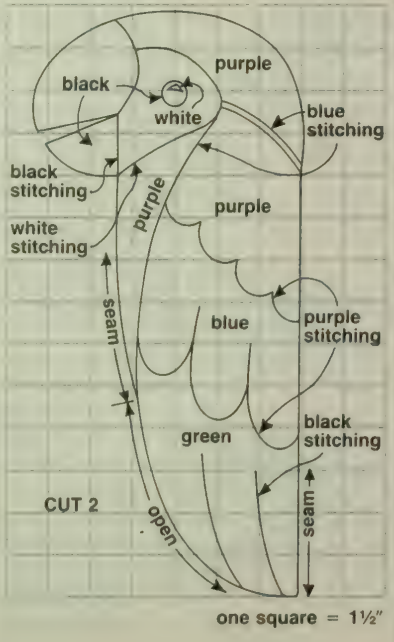
From 1×4 cut seat support. Glue and screw or nail support ¾ in. back from seat front. Cut two 16¼×1×2-in. cleats. Glue and nail cleats to ends. Glue and nail ends to back and seat. Glue seat to back and cleats. Set nails and fill nail holes. Sand, prime, and paint as desired.

89. QUILTED PARROT OVEN MITTS, page 119

Materials (for 2 mitts): ●¾ yd. white quilted fabric ●fabric in following amounts and colors: ⅛ yd. each black and white, ¼ yd. blue, ⅜ yd. each purple and green ●matching threads.

Instructions: *Note:* Add ½-in. seam allowances to all pieces.

Enlarge pattern (*below*). From quilted fabric cut 2 complete parrots flopping pattern for 1. Trace design onto quilted fabric. Cut pieces from colored fabric. Machine-appliqué each piece into place. Repeat for second side. With right sides facing, sew parrot together leaving bottom edge open. Fold over bottom edge and hand-stitch in place. Turn right side out.

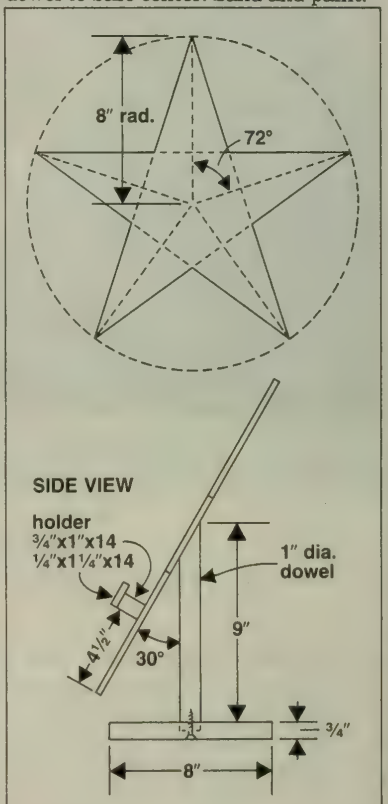


95. STAR-SHAPED RECIPE HOLDER, page 120

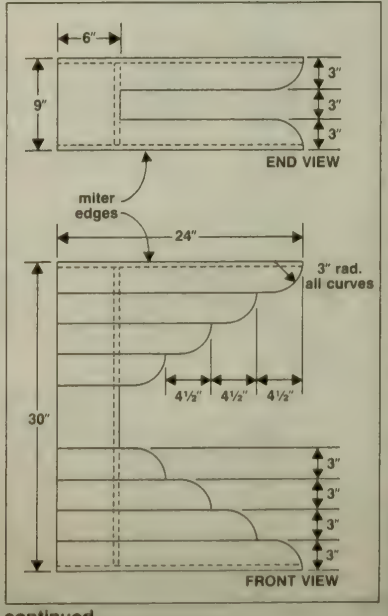
Materials: ●1 sheet ¼-in. hardboard ●9×1-in. wooden dowel ●8-in.-dia. circle of ¾-in. particleboard ●oil-based paint ●glue ●nails ●screws.

Instructions: Cut star from hardboard. Cut book rest and stop. Glue and nail stop to one book rest edge. Glue and nail through star to rest.

Cut one dowel end at 30-degree angle. Glue and screw star to dowel and dowel to base center. Sand and paint.



97. DECO FERNERY, page 121



continued

Three of these people have gingivitis.



The other one has a Butler® G·U·M® 411 Toothbrush.

Gingivitis. It's an early form of gum disease *(periodontitis)* that affects millions of people young and old, and strikes 3 out of every 4 adults over 35. And gum disease *can* lead to premature tooth loss.

Recent clinical research at the University of Michigan and the University of Bern, Switzerland proves that with proper usage the Butler G•U•M 411 toothbrush reduces gingivitis.

Butler toothbrushes have been recommended by dentists and hygienists for over 60 years. And the G•U•M 411 has the special features you'd expect from Butler, including soft, tapered bristles in an exclusive dome-shaped trim that reaches deep into crevices and between teeth and gums to effectively remove plaque. A textured finish on bristles that really picks up plaque, instead of merely displacing it. Even a stimulator tip that gives your gums a healthful, refreshing massage.

ADA
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continued

100 Ideas

Finished fernery size is 30×9×24 in.
Materials: ● 1 sheet ½-in. particleboard ● nails ● glue ● oil-based paint.
Instructions: Cut front, back, ends, and bottom.

Cut out legs. Miter corners. Glue and nail ends to front and back. Glue and nail bottom flush with last leg cut. Set nails. Sand and paint.

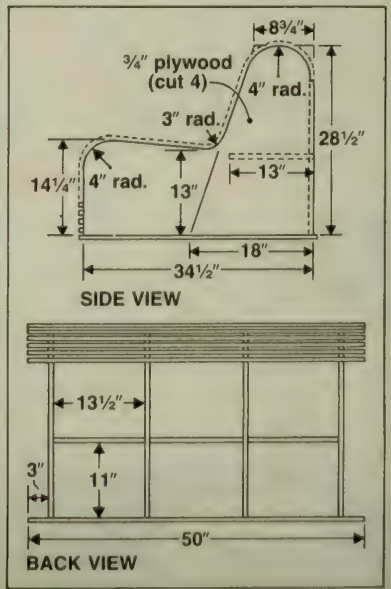
99. SLATTED BENCH AND OTTOMAN, page 121

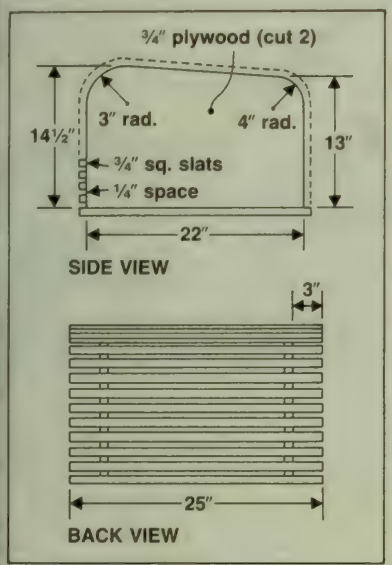
Finished size of bench is 50x36x30 in.
Finished size of ottoman is 25x23½x16 in.
Materials: ● 42 ft. 1×10-in. clear pine ● 2 sheets ¾-in. plywood ● nails ● glue ● paint ● cardboard.
Instructions: *Bench:* From plywood cut 4 upright ends and dividers, bottom, and shelf. Join shelf to center dividers and ends with half-lap joints. Glue and nail together. Glue and nail bottom to ends and dividers. Sand.

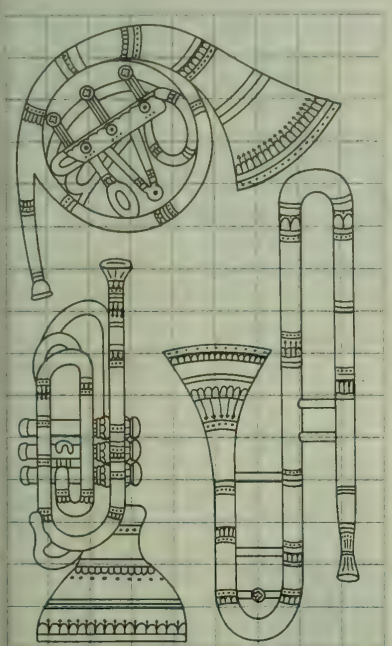
From pine cut fifty-five 1×1×50-in. slats. Sand. Glue and nail to ends and dividers using ¼-in. spacer block with 3-in. overhang at ends. Set all nails and fill. Band exposed plywood edges with 1×1-in. strips. Sand and paint.

Ottoman: From plywood cut ends and base (drawing *page 203*). Glue and nail ends through base with 3-in. overhang.

From pine cut forty-five 1×1×25-in. slats. Sand. Glue and nail slats to panels using ¼-in. spacer block. Set nails and fill nail holes. Sand and paint. If desired, band base edges with 1×1-in. strips before painting.







one square = 2"

100. BRASS TRIO, page 121
Materials: ● Fabrics in 4 colors ● thread in contrasting colors ● 5 bags fiberfill.
Instructions: Cut two 23-in. squares for each pillow. Enlarge and cut out patterns. Transfer designs onto horns. Appliqué to pillow tops. Fill designs with satin stitches and French knots. With right sides facing, sew, leaving opening. Turn. Press. Stuff. Stitch closed. BH&G

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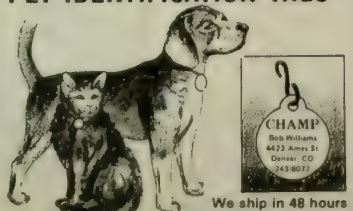
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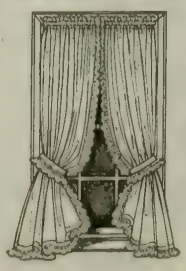
By Ann Lively



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Kits. Choose from the **Heart Pillow** (p. 119), the **Bluebird Mirror Frame** (p. 114), or the **Welcome Sampler** (p. 106) in counted cross-stitch; the **Art Nouveau Pillow** (p. 111) in stamped cross-stitch; the **Changing Kit** (p. 106) for sewing and applique; or the **Goldilocks Doll** (p. 102). **Goldilocks** is a complete kit for the doll's body, hair, features, including ribbons and eyelet lace plus iron-on transfer patterns for the embroidered clothing designs; all other kits are complete with fabric, floss, needle, and easy-to-follow step-by-step instructions.

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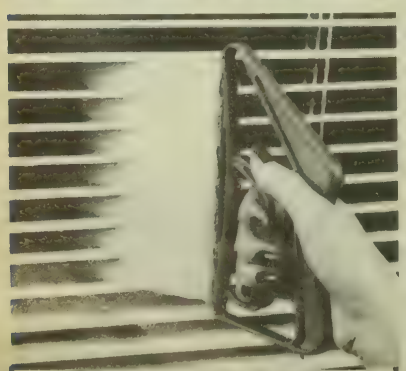
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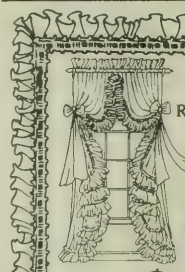


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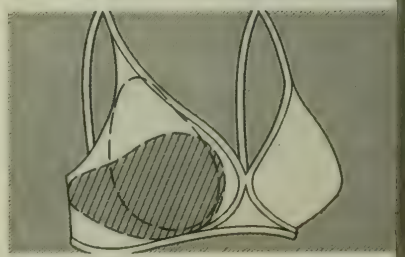
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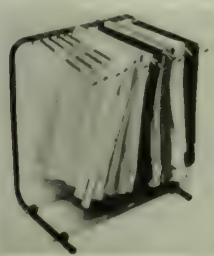
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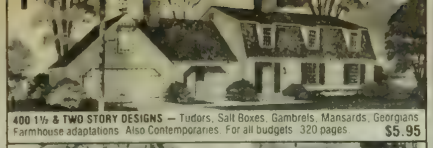
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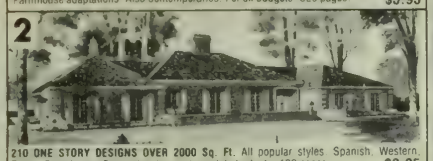
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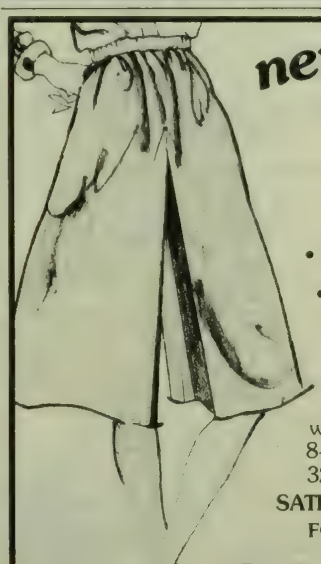
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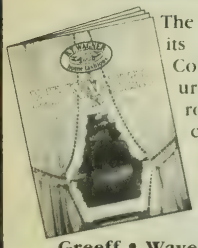
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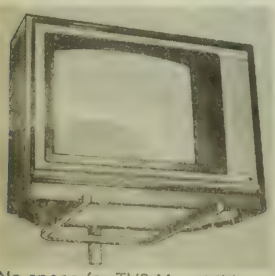
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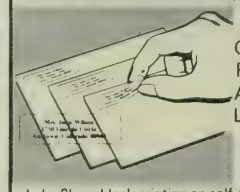
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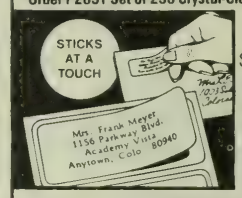
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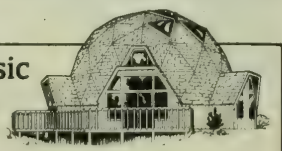
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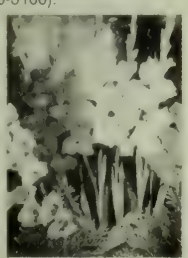
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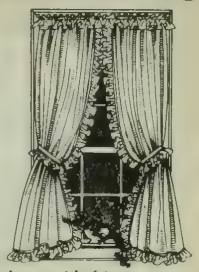
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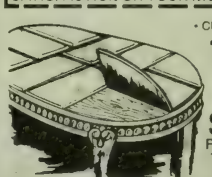
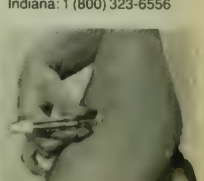


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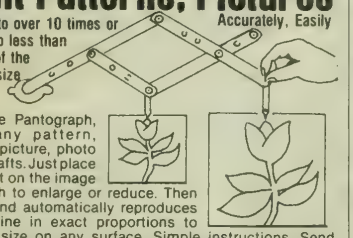
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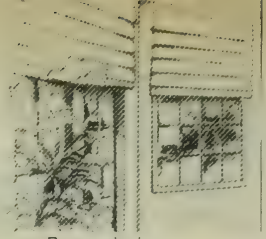
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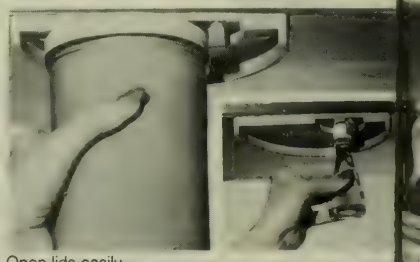
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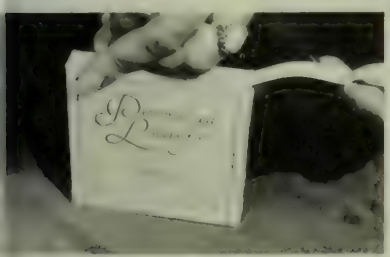
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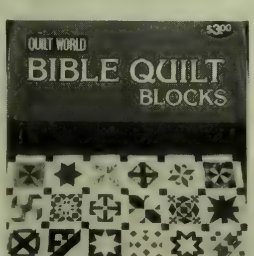
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The Man Next Door.®

"Folks, you are going to lose a lot of weight in the next 10 weeks," said the instructor for our new spring exercise class, "including overcoats, scarves, gloves, and boots."

Some scholars complain that the English language is imprecise, notes our teacher friend Elizabeth Perkins. They forget it contains the words "yes" and "no."

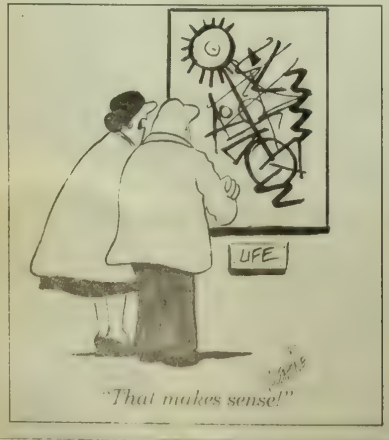
Lee Bayless couldn't be happier with the way his snowblower performed this year, but best of all, he claims, it got three storms to the gallon.

Our Rosemary writes from college that researchers haven't yet found a way to stop the aging process, but some students apparently think tight jeans will help hold it in place.

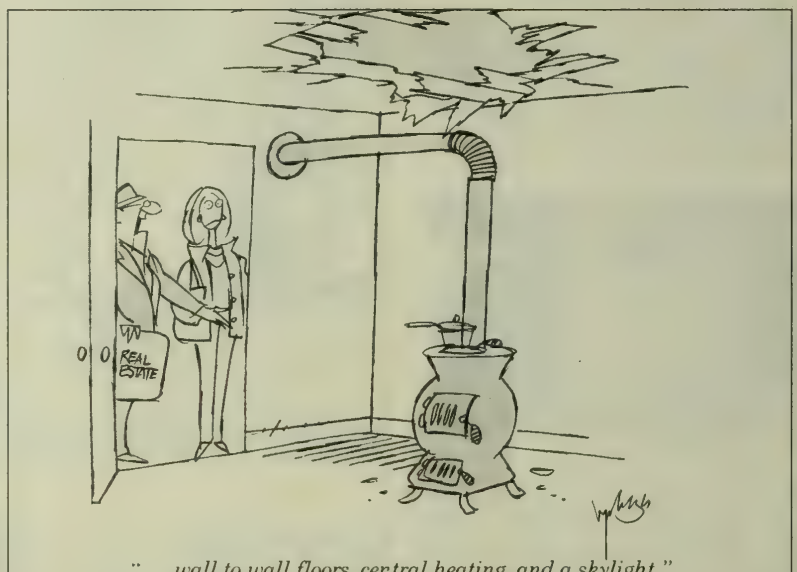
The Dresches' spring vacation plans are stalled. Dick wants peace and quiet while Dot wants bright lights. Their only hope is to find a secluded hideaway in the center of things.

Ken Floyd couldn't wait to return from a trip out West to tell everyone about the sign he saw on the back of a motor home: "We are spending our children's inheritance."

Susan Barr, serving her second term on the City Council, reports that the only people who seem to ask questions at the weekly meetings already think they know all the answers.



"That makes sense!"



"... wall to wall floors, central heating, and a skylight."

"It's no wonder children laugh so much," says Grandma Hillis. "They're hearing all the jokes for the first time."

"Like Adam and Eve," the Rev. George Hall noted last Sunday, "we would all get along much better if we learned to follow directions."

Betty Bigley is leaving soon on a spring vacation and promises to be back "in two weeks or $1,000, whichever comes first."

The only thing wrong with watching football on TV with a friend, comments grumpy Ned Carter, is the point he makes after every touchdown.

Chris and I enjoy early-morning walks on weekends, and wonder when some television station will get around to taping the sunrise for some of our friends who sleep in.

Popular Elaine Cowan is enrolling in an assertiveness training class—and says she just hopes not too many of her friends get the same idea.

The assignment was an essay on what contributes most to a family's well-being, and no one in the family was surprised when our Judy chose the refrigerator.

Burt, Jr., has had a tape player for several years, but I recently acquired my first one as part of a portable radio I bought for my basement workshop.

Now, when the local FM station gets too talky, I can choose my own music to work by—classical or jazz, or sometimes even a country-western tune.

Burt, Jr., leans more toward rock; so I was surprised one evening to hear a familiar song coming from his player.

"Willie Nelson?" I asked. He nodded.

At first I thought he'd borrowed one of my tapes, and couldn't help smiling when he said no, he had bought this one that afternoon. I held back a wisecrack about his finally developing musical taste and just said, "Nice sound."

Perhaps the generation gap isn't quite as wide as it's been advertised. It certainly pleased me to discover that there is one more thing that Burt, Jr., and his old man share.

Burton Hillis









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Orange Filled Party Cake

Yellow Cake

Butter Flavor Crisco

- 2 cups sugar
- 3 eggs
- ½ tsp. salt
- 1½ cups milk
- ⅔ cup ~~margarine~~
- 1½ tsp. vanilla
- 2¾ cups all-purpose flour
- 2½ tsp. baking powder



Preheat oven to 350°F. Grease and flour two 9" round layer pans. Set aside.

In large bowl, cream Butter Flavor Crisco, sugar, eggs and vanilla until fluffy. Add flour, baking powder, salt and milk. Beat on low speed until blended, scraping bowl constantly. Beat on medium speed for 2 minutes, scraping bowl occasionally. Pour into pans.

Bake at 350°F for 35 to 45 minutes, or until center springs back when lightly touched. Cool in pans for 5 minutes. Remove and cool completely.

Filling

- 1¼ cups sugar
- 5 tbsp. cornstarch
- ⅛ tsp. salt
- ⅔ cup water
- ½ cup orange juice
- 1 tsp. grated orange peel
- Red and yellow food coloring (optional)

Combine sugar, cornstarch and salt. Stir in water, orange juice and peel. Cook over medium heat, stirring constantly, until mixture thickens and becomes translucent. Remove from heat. Stir in food coloring. Cool.

Place bottom layer of cooled yellow cake on serving plate. Spread with half of orange filling. Top with other layer. Spread remaining filling on top to within 1 inch of edge.

Frosting

Butter Flavor Crisco

- ⅓ cup ~~margarine~~
- 4 cups confectioners' sugar
- 1½ tsp. vanilla
- 6 to 7 tbsp. milk
- Orange slices for decoration (optional)

Combine confectioners' sugar, Butter Flavor Crisco, and vanill Slowly blend in milk to desired consistency. Beat on high spee for 5 minutes, or until smooth creamy. Frost sides and rema edge of top, leaving filling in c ter uncovered. Garnish with orange slices if desired.



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Loretta

...HOMES & GARDENS
April 1985

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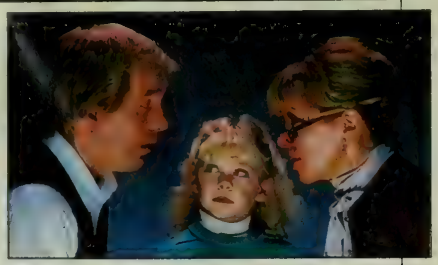
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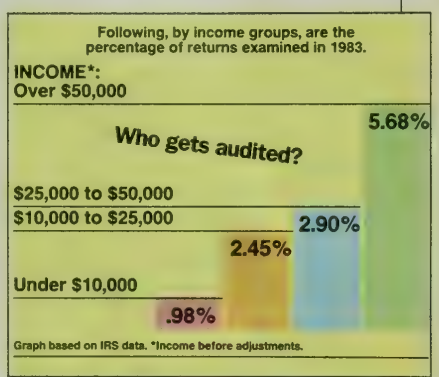
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Romantic Window Seats

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"If food isn't fresh I won't eat it... OK, I'll eat it but I won't like it."



My wife says I'm overprotective. And not just with my three kids. With my food as well.

In fact, I don't even let my food go to lunch unless it's well protected in Ziploc* brand bags.

You see, all Ziploc Bags have a unique zipper seal. And once that seal is locked, it stays locked. So food stays fresh. And stays put.

DOM DELUISE'S JULIUS CAESAR SALAD

1 head Romaine lettuce
1 clove garlic, cut in half
5 tbs. olive oil
1 tsp. Dijon style mustard
2 tbs. grated Parmesan cheese
3 tbs. fresh lemon juice
dash of freshly ground pepper
1 coddled egg yolk
¼ cup seasoned croutons
2 anchovy fillets (optional)

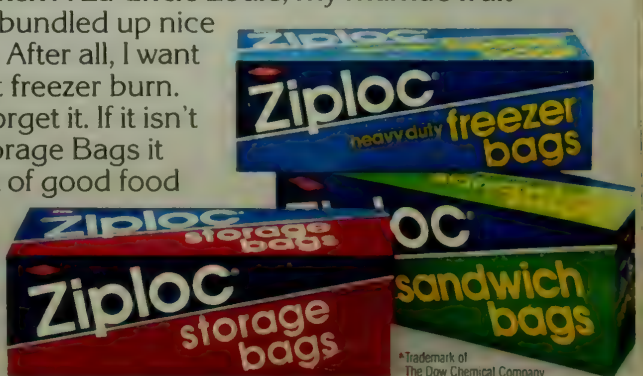
Wash lettuce and tear into large pieces. Put into large Ziploc Bag and refrigerate until serving time. Right before serving, rub garlic halves around inside of large wooden salad bowl; discard garlic. Add lemon juice, oil, mustard and pepper. Crush anchovies into dressing. Add one coddled egg yolk; mix well. Add Romaine, croutons, half the Parmesan and toss lightly. Sprinkle each serving with remainder of Parmesan cheese. Enjoy!

Also, thanks to Ziploc Sandwich Bags, I can pack more for lunch than just sandwiches. And that's good because my son Peter goes bananas if he doesn't have his fruit. David's a cookie nut. And Michael lives on tossed salads.

What's more, I would never send my Chicken A La Uncle Louie, my mama's fruitcake, or anything else to the freezer unless it's bundled up nice and snug in a thick, tough Ziploc Freezer Bag. After all, I want my food to stay fresh and be protected against freezer burn.

And as far as my food staying out late... forget it. If it isn't finished by the time I go to bed, into Ziploc Storage Bags it goes. Call me overprotective but I've seen a lot of good food go bad by staying out too late.

So maybe I am a little strict with my food. At least it's not spoiled.



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APRIL

EDITOR AT LARGE

Trends come and trends go, some of them a lot faster than others. Many are just flashes in the pan, sort of silly and often fun, while others start to make a real difference in our lives.

One of my jobs as editor is to watch the trends as they fly by and try to bag the more significant ones as subjects for magazine articles.

There's lots going on that I wouldn't waste my time or yours on. Thinking yourself thin, what Princess Di does or thinks, and Tom Selleck interviews are some things that come to mind.

Don't get me wrong—I'm a sucker for the latest fad. Why, I'll even admit to trying my hand at moon walking, like Michael Jackson. Of course, I'm glad nobody saw me.

Our articles address and interpret those trends that are likely to touch our lives, and always in ways that can help us live a little better for a little less by doing a little more for ourselves.

But, the kinds of trends I pay attention to for this magazine are represented by several articles in this issue.

Our articles address and interpret those trends that are likely to touch our lives, and always in ways that can help us live a little better for a little less by doing a little more for ourselves.

Lacquered furniture is a decorating trend that's been around for a while now, adding a special zip to lots of rooms. But actually refinishing a piece of furniture with lacquer is really tough unless you have spray equipment and a lot of skill. In our Step-By-Step feature this month we show you a low-tech, foolproof method to get this look on any old piece of furniture you happen to have, using paint products available in most hardware stores.

We did the story on after-work cooking because more than half of our women readers work outside the home; a trend that continues to grow dramatically. We know that their families, as well as all busy families, need information on what to cook, how to do it, and how nutritious the outcome will be.



My secret weapon . . .

The article on herb gardening, besides being informative and practical, illustrates a piece of my good luck in searching out trends. In addition to all of our editorial research, I have a secret weapon—my wife, Gerrianne. She seems to have some uncanny radar that gets her interested in new ideas months or even years before they emerge as the kinds of trends we mere mortals begin to hear about.

A couple of years ago, for example, she joined an herb club. And sure enough, it wasn't long before we began hearing a lot about a renewed interest in herbs, for the very good reason that people were using them as a substitute for salt. So I was right on top of the trend when our garden editor proposed this month's story.

I'm going to continue to keep one eye on the trends as they fly by, and the other eye on what my wife is up to.

David Jordan

David Jordan, Editor



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Villalera, Spellbound (private collection, Paris)
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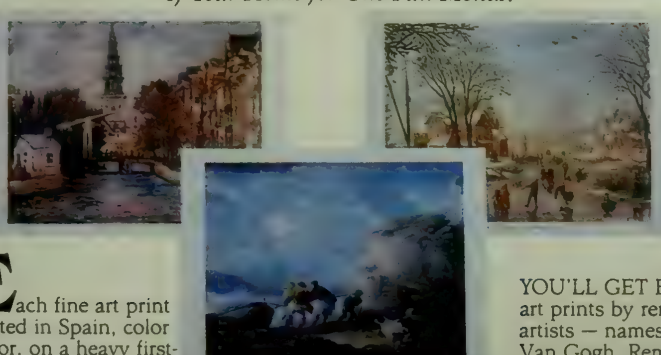
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JAMBALAYA

from the Bayou Country



Does jambalaya belong to the Cajuns or Creoles? Both claim this classic as their own and historians will agree on little except that the dish is Louisianan. Either way, you win with the good flavor of this recipe. The measure of TABASCO pepper sauce in the recipe brings out, even exaggerates, the flavor of the ham, shrimp, tomatoes and other ingredients. Add more TABASCO sauce to an individual serving, and you will be getting Cajun flavor, for real.

SHRIMP JAMBALAYA

1 large yellow onion, chopped
1 large garlic clove, minced
1 large green pepper, chopped
1 large celery rib, diced, with tops
¼ cup lard or bacon drippings
2 tablespoons minced parsley
½ lb. ham, cut into ¼ inch cubes
½ teaspoon dried leaf thyme
2 large bay leaves
1 tsp. TABASCO pepper sauce
1 can (1 lb. 12 oz.) tomatoes
½ cup tomato sauce
2 cups rice
1½ lbs. fresh or frozen raw shrimp, shelled and deveined

Sauté onion, garlic, green pepper and celery in lard (moderate heat) till onion is golden. Add parsley, ham, thyme and bay leaves; cook 5 min. stirring often. Add TABASCO, tomatoes (and juice), tomato sauce, *2 cups water,* and *2 tsps. salt.* Simmer 5 min. Add rice, reduce heat to simmer, and cook, covered, 30 min. Add shrimp and simmer, covered, 10 to 15 min. longer, till rice is tender and all liquid is absorbed. Season to taste with salt and TABASCO. *Serves 6 to 8.*

CHICKEN JAMBALAYA:

Add 1 (2½ to 3 lb.) *chicken,* cut up, and ½ lb. *Polish sausage,* sliced, when onion-celery mixture gets tender. Proceed as directed, omitting ham and shrimp.

COOKBOOK OFFER



Send for your copy of "16 Classic American Recipes." It's a big 8½ x 11" size with 38 full color illustrations. Send check or money order for $1.00 to McIlhenny Company, Avery Island, LA 70513-5001. Dept. J-BH & G-4.

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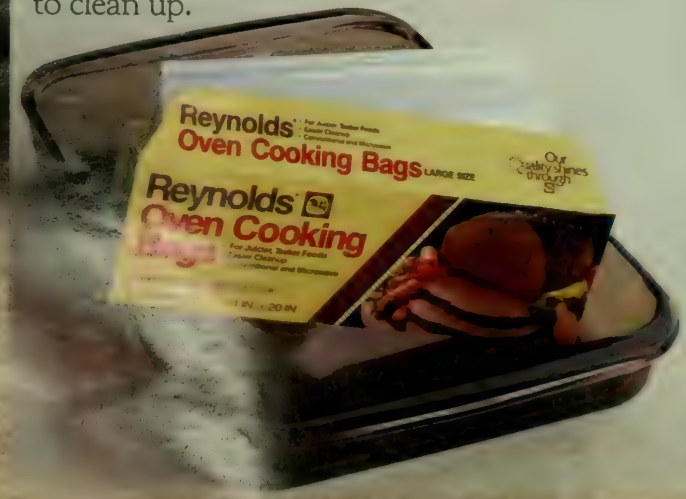
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Chicken, Rice & Spice Dinner

1 tablespoon flour
1 cup uncooked rice
1 can (14½ oz.) whole tomatoes, cut up
1 can (4½ oz.) whole mushrooms, drained
1 cup thinly sliced celery
½ cup finely chopped onion
¼ cup water
½ teaspoon basil
½ teaspoon salt
¼ teaspoon pepper
⅛ teaspoon garlic powder
2½ to 3 pound broiler-fryer chicken, cut up
1 tablespoon vegetable oil
paprika
½ package (12 oz.) smoked sausage links

Preheat oven 350°F. Shake flour in large size (14" x 20") Reynolds Oven Cooking Bag; place in 13x9x2-inch baking pan. Add rice, tomatoes, mushrooms, celery, onion, water, basil, salt, pepper and garlic powder; squeeze bag gently to blend ingredients. Brush chicken with oil. Sprinkle lightly with paprika and additional salt and pepper to taste. Cut sausage links into thirds. Arrange chicken and sausage pieces on top of rice mixture. Close bag with nylon tie; make 6 half-inch slits in top.

Bake 50 to 60 minutes or until tender. Makes 4 servings.

For *free* additional recipes, send a stamped, self-addressed envelope (at least 4⅛" x 9½") to The Reynolds Wrap Kitchens, P.O. Box 27003, Dept. A-5, Richmond, VA 23261.

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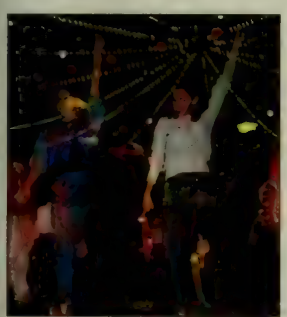
APRIL

WHAT'S HAPPENING

TEEN CLUBS

Wholesome fun and games prevail here.

Looking for a safe, fun place your teenagers can go on Friday and Saturday nights? Teen clubs are popping up across the country—especially in the South and East. These clubs are designed as places where teenagers can go to dance either to records or live music, play games, have fun, and meet other teens. The basic rules

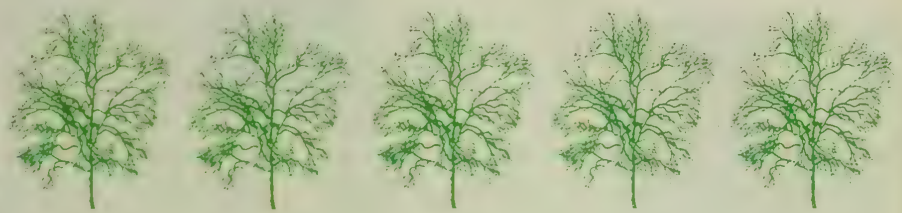


are no alcohol or drugs allowed . . . and no adults.

ShowBiz Pizza Place has been busy transforming some of its restaurants into After Hours clubs that are open from 9 p.m. till midnight on Friday and Saturday nights. ShowBiz has invested in state-of-the-art sound and lighting systems and a variety of video games; they also schedule contests and other fun to appeal to teenage tastes.

Other clubs have been started by concerned parents and teenagers. All clubs have a cover charge ranging from $2 to $5 and sell snacks and nonalcoholic drinks.

Check with your nearest ShowBiz or in the Yellow Pages of telephone directories in your area for possible local teen clubs.



SAVE THE ELMS

Don't let American elms go the way of the passenger pigeon.

Once upon a time Main Street U.S.A. was lined with stately, graceful American elm trees. Their cooling shade helped keep us cool during steamy summers. But our beloved trees began to fall victim to the dreaded Dutch elm disease, a deadly fungus that slowly chokes trees to death. Millions of elms died across the country.

Now, however, there's hope for the survivors. According to the Elm Research Institute, a healthy mature elm tree can be kept disease free with regular injections of fungicide at the tree's base. And, some ailing trees (depending on how advanced the disease is) may be saved, too.

If you or your community have elm trees you'd like to rescue, you can write the Elm Research Institute, Harrisville, NH 03450. Or, call toll-free 1-800/FOR-ELMS. In New Hampshire, call 1-827-3048. They'll tell you how you can keep all the healthy elm trees in your neighborhood alive and well.

When you call, you also can find out about the Elm Institute's "Johnny Elmseed Program." Anyone locating a mature elm tree—at least 6 feet in circumference—will receive a free American Liberty elm. This new variety is as beautiful as the American elm; but it was developed by the institute to be disease resistant.

CAREER SUCCESS: ARE PETS A KEY TO THE CLIMB?

A pet may mean more to your youngster than you think.

Youngsters who have pets may be getting a headstart on career success. That's the finding of a recent survey conducted by the Pets Are Wonderful Council (PAW), a national nonprofit organization sponsored by the Pet Food Institute.

According to the PAW study, 94 percent of responding chief executives of Fortune 500 companies said they enjoyed the companionship of a dog, a cat, or both during their childhood years. More than 75 percent of these same executives currently have a dog, a cat, or both in their homes, compared to PAW's estimates that 53 percent of all United States households currently include one or more pets.



Your best friend.



THE BALTIMORE ANTIQUES SHOW

Invest in treasures from the past and enjoy them at home.

Set in the Baltimore Museum of Art at 1 Art Museum Drive, and cosponsored by The Johns Hopkins Hospital, this show boasts some of the best-known names in the antiques world. For $5 per person, you can stroll through the show May 10 through 12. This year's theme for special exhibits and the catalog is "Caravans and Clipper Ships: Seeking the Treasures of Cathay." For more information, call 301/396-6310.

continued

continued

GOOD THINGS GROW ON STEMS

This Easter, send Grandma a cookie bouquet!



Check your local Yellow Pages for shops that specialize in long-stemmed chocolate chip cookies or other potted specialties. For delivery anywhere in the U.S., contact the Cookie Florist, P.O. Box 2083, Des Moines, IA 50310, to receive a brochure. Or place an order for forget-me-not fudge cookies by calling 515/255-4034.

A NEW DR. SPOCK FOR A NEW GENERATION



Photograph: © Jim Kalett

Spock and Rothenberg

The first babies reared on the advice of Dr. Benjamin Spock are all grown up and raising children of their own now. And they're getting help from the famous doctor just as their parents did. An updated version of the best-selling *Baby and Child Care*, from Pocket Books ($4.95), includes new sections on such contemporary family issues as stepparenting and finding good day care. Also with this edition, the 81-year-old Dr. Spock has taken a collaborator. He is Dr. Michael B. Rothenberg, a pediatrician and child psychiatrist. What *hasn't* changed is the book's message: "Trust yourself. You know more than you think you do."

HEALTH BREAKTHROUGH FOR FELINES

For the first time, cats can be vaccinated against feline leukemia, a deadly, contagious disease. The new vaccine costs about $12 to $15 per shot. Three injections are required (two shots two to three weeks apart and a third shot two to four months later). Annual boosters are necessary after that. Any cat at least nine weeks old should be vaccinated.

The vaccine, developed by Ohio State University, is marketed by Norden Laboratories, Lincoln, Nebraska. If your veterinarian doesn't have it yet, ask him to contact the nearest Norden branch office or call Norden at 402/475-4541.



FLUORESCENT TRACKS

Set any room aglow with new energy-saving track lights.

Now you can combine the slick look of track lighting with the energy-saving qualities of fluorescents. New track fixtures, like these from Capri Lighting, use fluorescent tubes, instead of incandescent bulbs. Mount the track on the ceiling to wash your walls with a warm glow. Or, affix beneath a shelf or cabinet for a task light. For information, write Capri Lighting of Los Angeles, 6430 E. Slauson Ave., Los Angeles, CA 90040.

FANTASTICAL FAUCETS

Plumbing supply stores offer state-of-the-art faucets.



Now high-fashion faucets are for everybody, not just Arab sheikhs and Hollywood moguls. You can choose moderately priced designer faucets that resemble jewelry or abstract sculpture. Some of the new designs resemble jaunty loops of neon or graceful birds taking flight. The majority feature a high-profile spigot that arches over the sink like a swan's neck. Some offer a telescoping nozzle (a spigot and spray hose in one) or interchangeable scrubbing tools.

DRINKS FOR THE THIRSTY

Bulging beverage shelves now offer new choices. Look for natural-fruit-flavored carbonated sodas that have no artificial colorings, and a richer hot cocoa mix with 50 percent more cocoa and less sugar and milk.

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Of cigarettes and science.

This is the way science is supposed to work.

A scientist observes a certain set of facts. To explain these facts, the scientist comes up with a theory.

Then, to check the validity of the theory, the scientist performs an experiment. If the experiment yields positive results, and is duplicated by other scientists, then the theory is supported. If the experiment produces negative results, the theory is re-examined, modified or discarded.

But, to a scientist, both positive and negative results should be important. Because both produce valuable learning.

Now let's talk about cigarettes.

You probably know about research that links smoking to certain diseases. Coronary heart disease is one of them.

Much of this evidence consists of studies that show a statistical association between smoking and the disease.

But statistics themselves cannot explain *why* smoking and heart disease are associated. Thus, scientists have developed a theory: that heart disease is *caused* by smoking. Then they performed various experiments to check this theory.

We would like to tell you about one of the most important of these experiments.

A little-known study

It was called the Multiple Risk Factor Intervention Trial (MR FIT).

In the words of the *Wall Street Journal,* it was "one of the largest medical experiments ever attempted." Funded by the Federal government, it cost $115,000,000 and took 10 years, ending in 1982.

The subjects were over 12,000 men who were thought to have a high risk of heart disease because of three risk factors that are statistically associated with this disease: smoking, high blood pressure and high cholesterol levels.

Half of the men received no special medical intervention. The other half received medical treatment that consistently reduced all three risk factors, compared with the first group.

It was assumed that the group with lower risk factors would, over time, suffer significantly fewer deaths from heart disease than the higher risk factor group.

But that is not the way it turned out.

After 10 years, there was no statistically significant difference between the two groups in the number of heart disease deaths.

The theory persists

We at R.J. Reynolds do not claim this study proves that smoking doesn't cause heart disease. But we do wish to make a point.

Despite the results of MR FIT and other experiments like it, many scientists have not abandoned or modified their original theory, or re-examined its assumptions.

They continue to believe these factors cause heart disease. But it is important to label their belief accurately. It is an opinion. A judgment. But *not* scientific fact.

We believe in science. That is why we continue to provide funding for independent research into smoking and health.

But we do not believe there should be one set of scientific principles for the whole world, and a different set for experiments involving cigarettes. Science is science. Proof is proof. That is why the controversy over smoking and health remains an open one.

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The 5 Toughest Parent-School Conflicts And How to Solve Them

Your fifth-grader is absolutely convinced that the teacher "has it in for her." The junior high principal gives your son a humiliating paddling for rowdiness. Or your first-grader is held back, unfairly in your opinion. Whatever the reason, you're angry about what's happening at school, and you don't know what to do next.

Complaints about the schools are nothing new. But there are ways parents can help settle them and keep problems from interfering with a child's progress in school. To determine the most frequent sources of conflict—and how to resolve the differences—we quizzed both educators and parents.

Our best listening post was the hot line of the National Committee for Citizens in Education, a private troubleshooting organization. Here are complaints that were frequently cited by our sources—and fresh insights about how you can work within the system to attain everyone's goal: quality education for your child.

1. "My child was disciplined too harshly!"

2. "The school is ignoring my child's special educational needs!"



3. "My child doesn't get along with the teacher at all!"

4. "My child is placed in the wrong grade!"

5. "My child's legal rights were violated!"

"My child was disciplined unfairly!"

This is the most frequent single issue heard over the NCCE hot line (see next page for number). Parents call to complain about paddling, suspension, and other forms of punishment. When paddling is the issue, parents often ask if it is legal. In most states, it is. Exceptions are Massachusetts, Maine, New Jersey, Hawaii, and Vermont.

If your child has been physically disciplined and you don't want it to happen again, write a letter to the teacher or principal saying so. Ask to be consulted *before* your child is to be physically disciplined. If this strategy fails, get a written copy of the district's discipline policy to see what the rules are. When paddling or other physical acts are not an approved punishment, you have the right to appeal—in court if necessary.

Dr. Kay Killough, associate executive director of the Texas Association of School Boards, advises parents to withhold judgment when a youngster comes home from school upset about harsh discipline. "Do listen sympathetically," says Killough. "Your child should never feel that 'The school is against me and now my parent is mad, too.' "

If what you hear disturbs you, wait until your child has calmed down and get more information. Ask yourself, "Who can best solve this problem, me or my child?" Parents often forget that youngsters can be their own advocates in some school situations.

"The school is ignoring my child's special educational needs!"

Whether your child's special needs are considered handicaps or gifts, it's not unusual to feel that the school's attempts to meet them fall short. Teaching methods and expectations usually are geared to the norm, not the exception.

How can you lobby for your child? Do your homework. Learn all you can as soon as you can. Find local and national support groups outside the school, like the Association for Children and Adults with Learning Disabilities (4156 Library Road, Pittsburgh, PA 15234).

Make a personal assessment of your child's educational strengths and weaknesses. Describe the learning environment that best suits your youngster, and share a written copy of your evaluation with school representatives. In some states, schools are required by law to educate many special-needs children from the

continued

Photograph: Steve Niedorf

continued

age of 3, so don't wait until kindergarten to ask your district to begin testing. When the problem is a language or learning disability, make sure your child is tested every school year.

If your child is gifted or talented and you're not pleased with the programs available, call your state department of education to find out about state requirements. When a district appears to be doing less than the law requires, write the state office of gifted education and ask them to contact your superintendent. If state requirements are minimal, a national organization to contact is the American Association for Gifted Children, 15 Gramercy Park, New York, NY 10003.

"My child doesn't get along with his teacher (or vice versa)!"

If your child repeatedly claims that he hates his teacher or hates school, look for symptoms that may signal a serious problem. Is his schoolwork deteriorating? Does he have headaches or trouble sleeping? No one loves school all the time, but if your child is so unhappy that his health or learning is impaired, it's important to investigate.

Talk to other parents. If they are hearing similar complaints, the problem may lie with the teacher. He or she could be having personal or professional problems. Perhaps he's new and inexperienced, or the class may be too large to handle. Talk to the teacher and be receptive.

Find out specific details about how the teacher treats your child. Keep a log of complaints. Then talk with the teacher about your child's perception of the situation. Listen to the teacher's side, too—and try to work out a solution. Perhaps your child is unusually sensitive and needs your encouragement to better cope with the situation.

If this doesn't succeed, meet with the school principal. You have the right to request that your child be placed in another classroom, although many principals will deny your request. Keep the conversation positive by describing what your child needs—more structure, frequent assessment of skills, whatever—and ask for the principal's help in working with the teacher.

To contact the National Committee for Citizens in Education about school problems, write NCCE, 410 Wilde Lake Village Green, Columbia, MD 21044. Or call them directly on their hot-line number: 1-800-NETWORK.

"My child is placed in the wrong grade!"

- Your son is one of the youngest children in the kindergarten class. You feel he needs a second year there, but the school advances him to first grade.
- At the end of the school year, you are shocked to learn that your daughter is being required to repeat a grade. Her report card grades have been mostly Cs. Should you protest?

Every child has a right to be placed at the level where he will learn best. Parents have a right to be informed about placement decisions before they become final.

Schools base decisions about promotion and retention on a number of things: classwork, homework, behavior (in early grades), and readiness tests. Still, they can sometimes make mistakes. As a parent, you know your child as well as anyone does. You may not have the final word on placement in a grade, but your opinion should be respected.

Stay in touch with your child's teacher so there won't be any surprises at the end of the school year. Ask what the number and letter grades mean. Is your child working at grade level, or is he ahead or behind others of his age? If you feel your child is socially immature, ask the teacher to consider this factor before promotion from kindergarten.

Your child's ability to succeed in school should be a primary consideration in the school's placement decision. Ask school employees to justify it on this basis. Always investigate at the first sign of a problem. Don't wait. Keep a file of grades, samples of schoolwork, and the results of any independent testing your child has undergone. Complete the picture by reviewing the contents of your child's school record with the teacher.

"My child's legal rights were violated!"

Parents and students enjoy a wide range of rights under the law (see "Students' Rights/Parents' Rights," *Better Homes and Gardens,* October, 1983). These include free speech and expression, equal protection (freedom from discrimination on the basis of race, sex, national origin, handicap, or wealth), due process, and rights to privacy.

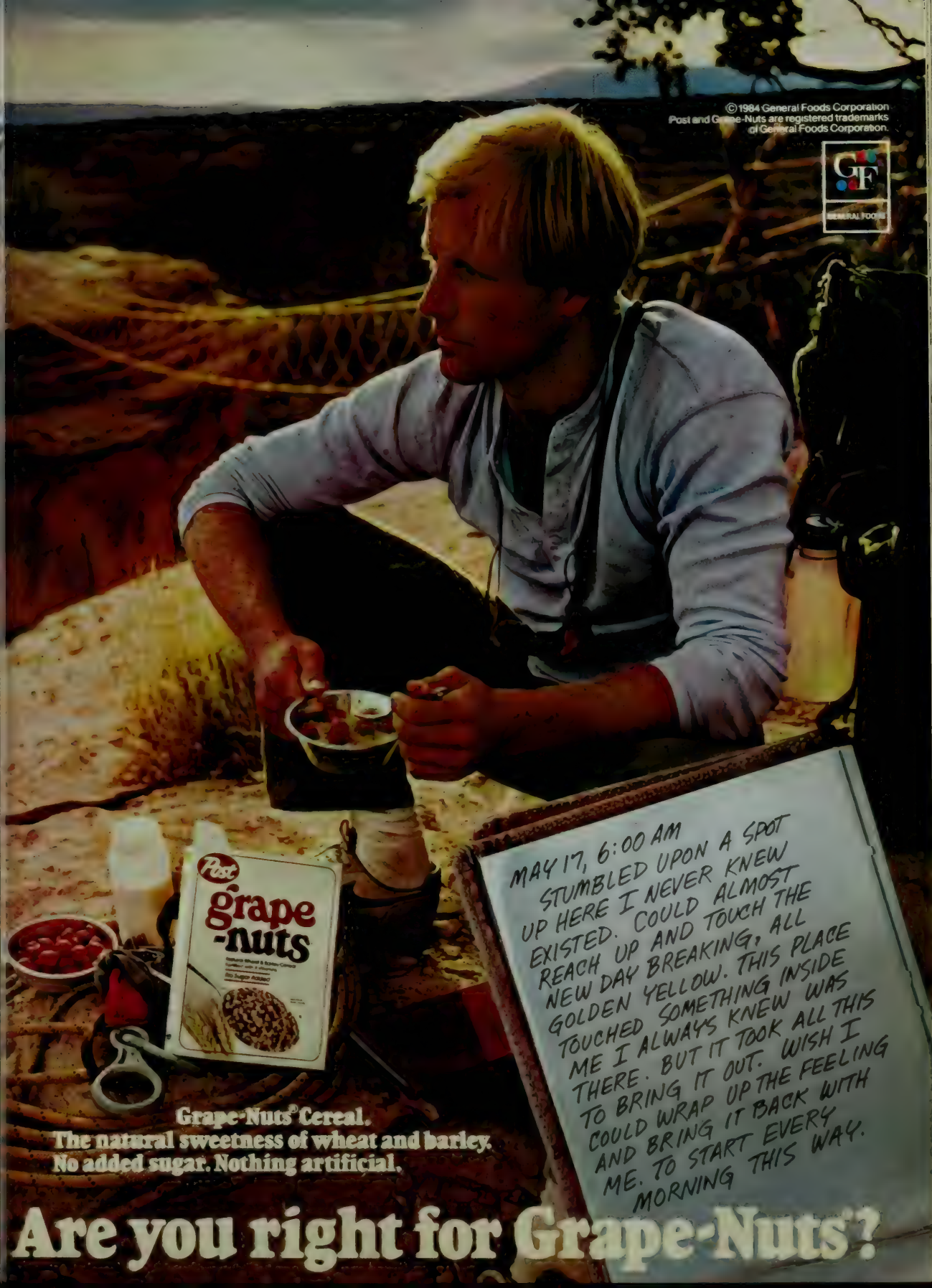
Sometimes, fear of retaliation against the child makes parents timid about championing their child's rights. Parents also are hesitant to act when rights have been violated because they fear they may end up in court. Usually, this can be avoided.

"Don't ignore informal communication routes," advises Thomas A. Shannon, Executive Director of the National School Boards Association. Work with the school principal. If that fails, contact your school board member.

Nancy Berla of the NCCE hot line outlines some basic steps you can take if your rights or those of your child have been violated. First, gather information about local school board policy, state statutes, and federal law applicable to the situation. Second, arrange a meeting with school officials who are responsible for the action (take an informed friend or a tape recorder along). Be assertive in your role as the advocate for your child, but be prepared to negotiate a compromise. If this is ineffective, appeal to the superintendent or school board.

One frequently contested area of legal rights is parental access to school records after a separation or divorce. The Family Educational Rights and Privacy Act (FERPA) guarantees *both* natural parents, regardless of the marital or custody status, the right to see (and in some instances, amend) the child's record.

If the school principal refuses to comply, send a letter to the U.S. Family Educational Rights & Privacy Act (FERPA) office (Ms. Pat Ballinger, FERPA, Department of Education, Room 4512, Switzer Blvd., Washington, DC 20202) with the name of the school and the principal who has refused access.


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To make sure your baby gets the right food at the right age, look for the right Gerber® label.

What's in a label?

Fifty years of innovation assure you that Gerber has the right system for feeding your baby.

Gerber has a most knowledgeable staff of nutritionists dedicated to feeding babies. The Gerber Nutritional Guidelines help you make sure your baby gets the right food at the right age.

As baby's nutritional and developmental needs change, all you have to do is look for the right color label.

Blue label means Strained Foods for Infants.

Some babies are ready to begin Strained Foods at 4-6 months. Many earlier. When you and your health advisor decide your baby is ready for single ingredient foods, Gerber has the largest variety. Of course, no single ingredient foods have added starch, salt, preservatives, or artificial flavors or colors. Offered along with breast milk or formula, Strained Foods provide nutrients essential for your baby's growth. Plus, spoonfeeding Strained Foods gives your baby new tastes, new textures and new stimulation. Once your baby has accepted single ingredient foods, strained combination foods can be included in the menu. For example, Gerber High Meat Dinners are an excellent source of protein and no one makes a strained dinner with more meat.

Red label means Textured Foods for Juniors.

When baby begins teething, add Gerber Junior Foods to the menu. The tiny bits in most Junior Foods give baby practice chewing. They're made without added salt, preservatives, artificial flavors or colors.

Brown label means Chunky Foods for Toddlers.

When your toddler is able to self-feed, it's time for Gerber Chunky Foods.

Your baby is as unique as you are. So let the Gerber Nutritional Guidelines help you and your health advisor make the right choices for your baby.

Gerber

Babies are our business... and have been for over 50 years.

Gerber Products Company, Fremont, MI 49412

TEACHING YOUR CHILD HOW TO COMPETE

Listen in for a moment. Does any of this sound faintly familiar?

- **"Okay, champ, get out there and go for blood. Mommy and Daddy are really counting on you."**
- **"A 'C' in math? You should be able to make an 'A' like your sister!"**
- **"You missed the goal? Aw, you can do better than that! You know you can!"**
- **"What do you mean you don't want to enter the school talent contest? When I was your age, I won first prize."**

It's a tough assignment, but these parents clearly could use some lessons in teaching their children how to handle competition.

Competing with the right attitude, win or lose, teaches responsibility, self-control, and determination. There's also a lot of pleasure and satisfaction involved. But, poorly handled, competition can hinder emotional growth.

You can help your child by remembering that competition should boost your youngster's self-esteem, not deflate it. Keep competitive activities in perspective. Never let your child's sense of self-worth hinge primarily on report-card grades, piano recital accolades, or batting averages. Concentrate on letting him or her know that your love is unconditional.



It's the ninth inning of the Big Game, two outs, score tied. Your daughter could bring in the winning run. Instead, she strikes out. Would you yell, analyze her flawed batting stance, or just give her a big hug?

Whose ego really counts?

Don't impose *your* desire to be a winner on your child. You may have unfulfilled dreams of the Little League championship or the dance award as a child, but don't let that diminish your youngster's joy in participating even if he loses.

When criticism is necessary, tread lightly. Never belittle a child, especially in front of others. Offer positive comments along with criticism. Be generous with your praise and sparing with your negative comments.

Emphasize the effort that went into the attempt, not just winning or losing. Hanging in there when the going is tough is reason enough for a pat on the back. That way your youngster will develop a reserve of positive feelings.

Keep it low-key

Competition comes naturally to most children at play, but it's more of a low-key rivalry than an intense, dog-eat-dog struggle. If you are in charge of an activity, make sure everyone feels like a winner in some respect. It's wrong to make a youngster think he has to win at all costs, or at others' expense.

If your youngster is working with a coach, instructor, or trainer, check out whether that person has the right philosophy. Don't let overly aggressive parents with the wrong ideas about competition take control, either.

It's perfectly normal to feel anxious when you see someone else's child doing something your child can't, but try not to convey your anxiety to your child. He's probably well aware of his shortcomings already, and a child has an uncanny way of sensing even unspoken disappointment in others.

Children react to competition differently. Some are nonplussed by pressure. Others retreat from the intensity, develop a "who cares" attitude, feign illness, make excuses, or blame others when they lose. You want a child who participates fully because he enjoys being a part of the game.

Tips for healthy competition

- Teach your child to look at competition as an opportunity to fulfill personal goals, an occasion for excitement and enjoyment.
- Let your child know that it's okay to fail, and that he

continued

Photograph: Hopkins Associates





COMPETITION

continued

or she can grow from failure. Never force your child to shoulder the burden of your perfectionism.

- Keep competition fun. Children who can relax and enjoy competition are better able to concentrate on their performances—and, incidentally, winning. Your youngster is bound to succeed at some activities and fail at others. No matter which happens, help him have the grace to laugh in both instances.
- Everyone benefits from competition, but not all of us belong in the same types of competition. Help your youngster explore competitive activities he likes—not just those that you enjoy or consider important.
- Make sure your youngster is prepared for competition. It's only fair that he should have had as much experience

Learning to compete with the right attitude, win or lose, can involve a lot of satisfaction. You can help your child by remembering that competition should boost his self-esteem, not deflate it.

and be at the same general level of development as those he'll be competing against.

- Encourage your child to acknowledge failure without shame or embarrassment. Don't make him feel it's necessary to scapegoat or rationalize when he loses. Emphasize that the prospect of winning is only one reason to participate in an activity, be it a football game or a spelling bee, and that nobody wins all the time.
- When your youngster is on the winning side, encourage magnanimity. Teach your child that a winner doesn't need to brag or hurt the feelings of the loser—that the warm glow of satisfaction is the best reward.
- Help your youngster recognize, understand, and accept his strengths and weaknesses. Suggest challenging yet reasonable goals to your child, and reassess them as competitive situations arise. That way he's sure to always come out on top.

—With Barbara Smalley

Free! Royal Albert thimble for joining now.

The Thimble Collectors Club

Now, at modest cost, you can build your own collection of choice collector's thimbles.

Royal Copenhagen...Wedgwood...Lladro...
Ginori...Hutschenreuther...Royal Doulton...
Haviland...these and others of the world's greatest porcelain houses will be represented in your collection.



This lovely glass-domed display stand can be an attractive addition to the decor of your home. It and other unusually fine display pieces are offered by the Club to members.

The finest thimbles are works of art in miniature.

Charming and colorful, they add warmth and appeal to a room. They are family treasures to be passed to daughter and granddaughter. It's no wonder millions of people around the world collect thimbles.

A Lovely Thimble Sent To You Each Month

Now, through membership in the Thimble Collectors Club you can build a collection of the *creme de la creme* of porcelain and china thimbles: a collection which would be practically impossible to assemble on your own.

Each month, you will receive a beautiful thimble. Our representatives are in contact with porcelain houses all around the world. They select only the very best thimbles. Indeed, many of the monthly selections will have been created exclusively for the Club's members.

The thimbles in your collection will bear the names and identifying marks of the great houses that created them. They will reflect the different artistic visions of the various nations and porcelain makers. Thus, the individual thimbles will have infinite variety... yet together they will form a harmonious collection.

A card will accompany each thimble describing the motif on it and the porcelain house which made it.



A Wedgwood thimble in their famous blue Jasper, invented in 1774 by Josiah Wedgwood himself. It depicts their well known Floral Girl. $7.60.

No Risk or Obligation

If you are not delighted with any month's thimble selection, you may simply return it within ten days for full refund. And you may cancel your membership at any time.



Enchantment;" a delightful fairy thimble from Royal Worcester. $7.50.

This traditional Dutch Windmill design is delicately captured in the beautiful 'Blue Chinese' style, by Royal Mosa. *$8.00.*



An Aynsley *Bird thimble in fine English bone china. $6.80.*

Kaiser of Germany has portrayed an exquisitely detailed country scene on this delicate thimble. $7.95.



Haviland *of Limoges presents a lovely violet thimble – perfectly beautiful! $9.50.*

Belleek *of Ireland has hand-painted Shamrocks on this thimble made from their famous Parian china. $7.20.*

Modest Cost

One of the nice things about collecting thimbles is that besides being beautiful, they don't cost a lot. The Club's regular monthly selections typically cost about $7.50 to $9.50.

Send No Money Now

To join the Thimble Collectors Club, just send your application. Enclose no money now. You will be billed for your first monthly thimble selection.

Thimble Collectors Club
47 Richards Avenue
Norwalk, Conn. 06857



FREE. ***This*** **Royal Albert** ***Thimble For Joining Now.***

The Thimble Collectors Club will send to each new member this lovely "Old Country Roses" bone china thimble from world famous Royal Albert.

Please add $1.50 to all prices for shipping and handling.

Membership Application 027

Thimble Collectors Club
47 Richards Avenue
Norwalk, Conn. 06857

No Payment Required.
Simply Mail
this Application.

Please enroll me in the Thimble Collectors Club. Each month I will receive a thimble selected as being one of the very best from the world's great porcelain houses. I am under no obligation. I understand that I may return any thimble within ten days for full refund, and that either party may cancel this membership agreement at any time. As a new member, I will receive a Royal Albert thimble as a free gift.

Payment Options (check one):

☐ Please bill me, just before shipment, for my first thimble, the Aynsley Bird Thimble, priced at $6.80.*

☐ As a convenience, please charge my first thimble (priced as above), and each subsequent thimble, at the time of shipment, to my credit card:
☐ VISA ☐ MasterCard

Credit Card No. _____ Expiration Date _____

*Plus $1.50 for shipping and handling. (Conn. residents pay $8.92 to include tax.)

Name _____

Address _____

City _____

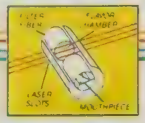
State/Zip _____

Signature _____

The Thimble Collectors Club reserves the right to select specific designs included in this collection.

Breakthrough!

© Lorillard, U.S.A., 1985



True's Laser Technology Cracks Taste Barrier.

High-Tar Brands Challenged. True's fuller, richer taste experience provides a tasteful alternative for smokers of higher tar brands. Even those that contain twice the tar!

True Exclusive. Only True has the Laser-Cut "Flavor Chamber" Filter. A remarkable discovery that delivers a full, rich tobacco taste.





Extra Tobacco to Last Longer. And burn slower. So you can enjoy every cigarette... noticeably longer.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

Regular: 4 mg. "tar", 0.5 mg. nicotine; 100's: 8 mg. "tar", 0.8 mg. nicotine, av. per cigarette by FTC Method.

BREAKTHROUGH True

D E C O R A T I N G

Planning Around a Piano

Gracing your home with a piano can spark the dilemma of where to put it. Here, working around the piano is both the problem and the solution, thanks to a well-planned wall of storage.

Floor-to-ceiling shelving makes a place for almost everything. The 12-foot wall is symmetrically divided into 3½-foot sections on each side of the 5-foot piano niche and into 2½-foot sections above.

Comfortably surrounded by books and treasures, the piano becomes the room's focal point, as well as an element of a larger composition. This visual trick helps scale down the potentially cumbersome piece, achieving a subtle, easy harmony of furniture, function, and fun.

Photograph: Ernest Braun. Design: Jane Gammill
Field editor: Helen Heitkamp



With the piano center stage, there's elbowroom for gathering 'round.

© 1985 Hershey Foods Corporation

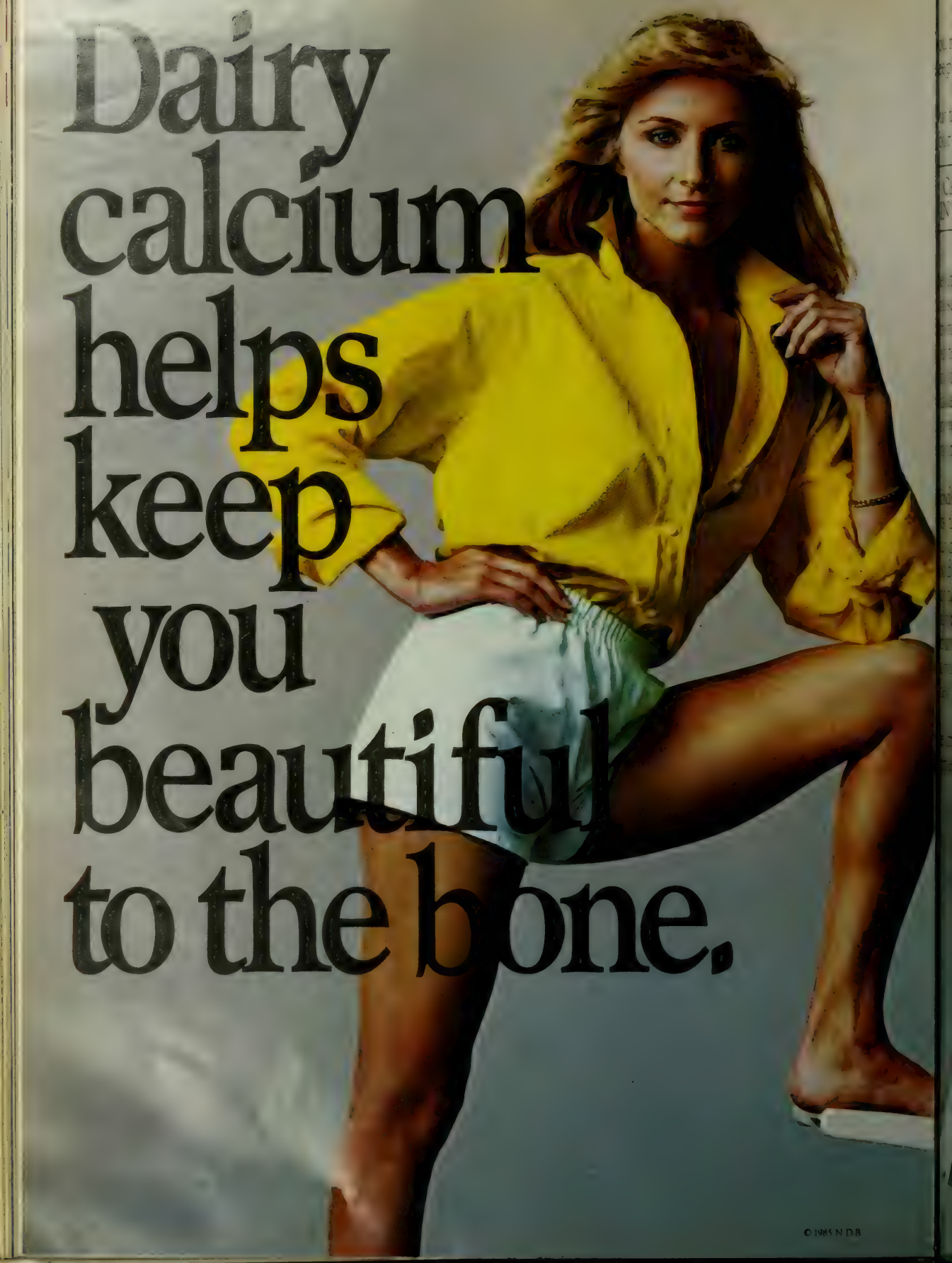






Yes, it's true. Little silver Hershey's Kisses
do only come in one size. But since each little Kiss has such a
big, big taste of chocolate, one size is the right size.

HERSHEY'S KISSES


Dairy
calcium
helps
keep
you
beautiful
to the bone.
©1985 N.D.B.

For beauty that's more than skin deep
ou need calcium. To build strong bones. And
eep them strong throughout life.

Your body can't make its own calcium,
ut there's a natural way to get it. Just enjoy
our favorite dairy foods.

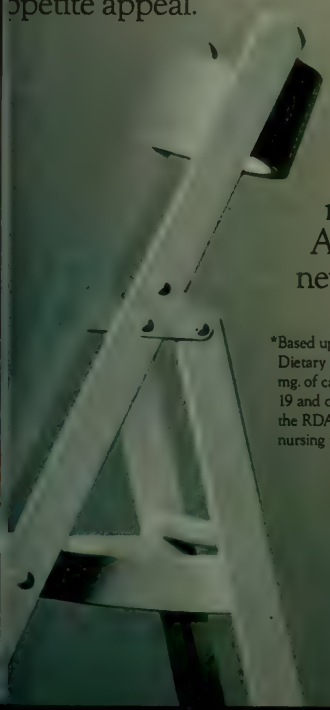
CALCIUM IS THE LATEST WORD IN BEAUTIFUL BODY LANGUAGE.

Calcium is crucial for good posture,
ealthy smiles, graceful moves, and active
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ormally eat. They're easy to prepare. And
ey're delicious.

Milk, cheese, buttermilk, yogurt, and
e cream are all rich in calcium and
petite appeal.



No matter how you take it, the calcium in dairy foods helps you get your special message across. And that's beautiful news to any body.

*Based upon the Recommended Dietary Allowance of 800 mg. of calcium for women 19 and older. However, the RDA for pregnant and nursing women is 1200 mg.

YOUR BONES HAVE A LIFE OF THEIR OWN.

Your bones are very much alive, and constantly rebuilding throughout life with the calcium your body takes in.

If you don't get enough calcium over time, your bones can become fragile and easily broken—a condition known as osteoporosis.

But you only need 800 milligrams of calcium* a day to feed your bones. And you can get it from three ounces of swiss cheese. Or a cup of yogurt, an ounce of cheese, plus a glass of milk. That's all it takes.

Of course, dairy foods taste so good you might not want to stop there. So go ahead and live it up. You'll be doing yourself a beautiful favor.

HIGH IN CALCIUM. LOW IN CALORIES.

Dairy foods make it easy for you to get the calcium you need. And dairy foods are part of a balanced diet. Yet too many people—especially women—have given up eating right, in search of the Body Beautiful.

But if you stop and think about it, won't you be a lot more beautiful if you're fit and trim? Instead of just thin?

That's where dairy foods come in. Two glasses of milk and a serving of yogurt give you 100% of the calcium* you need in a day to keep your bones in beautiful shape. Plus 59% of your daily protein, 100% of your riboflavin, and 93% of your B_{12} according to Recommended Dietary Allowances. All this, for only 15% to 27% of your daily calories.

So fuel up with dairy foods. And keep your beautiful body in top form.



Dairy Foods. Calcium the way nature intended.™

REAL®

NATIONAL DAIRY BOARD



"Crisco makes eatin' right... right good eatin'."

Tomato-Cheese Pie

Pastry:

- 1-1/3 cups sifted all-purpose flour
- 1/2 teaspoon salt
- 1/2 cup Crisco Shortening
- 3 tablespoons water

Preheat oven to 425°F.
Sift flour before measuring; spoon lightly into measuring cup and level without shaking or packing down. Combine flour and salt in a mixing bowl. Cut in Crisco with pastry blender or 2 knives until mixture is uniform. Mixture should be fairly coarse.
Sprinkle with water, 1 tablespoon at a time; toss lightly with fork. When all water has been added, work dough into a firm ball.
On a lightly floured surface, press dough into a flat circle with smooth edges, roll dough to a circle 1/8 inch thick and about 1-1/2 inches larger than inverted 9" pie plate.
Gently ease dough into the pie plate, being careful not to stretch the dough. Trim 1/2 inch beyond edge of pie plate. Fold under to make double thickness around rim. Flute edge of pastry as desired.
Prick bottom and sides of shell with fork. Bake 425°F for 10 to 15 minutes or until lightly browned.

Filling:

- 1 cup grated cheddar cheese (about 4 oz.)
- 1 cup grated mozzarella cheese (about 4 oz.)
- 1 cup ricotta cheese
- 1/4 lb. mushrooms, sliced and sautéed
- 2 Tbls. chopped onion
- 1/4 cup canned salmon, drained and flaked
- 3-4 medium size ripe tomatoes, sliced in thin wedges
- 1 tsp. basil, crumbled
- 1 tsp. leaf oregano, crumbled
- 1/4 cup chopped green onions
- Salt and pepper

Reduce oven temperature to 325°F.
Combine cheddar, mozzarella, ricotta, chopped onions, mushrooms and salmon; spoon into baked pie shell. Arrange tomato wedges in tightly overlapping circular pattern over filling. Sprinkle with herbs, chopped green onions, salt and pepper. Bake at 325°F for 20 minutes. Cool 15 minutes before cutting.

6-8 servings



Crisco'll do you proud everytime.

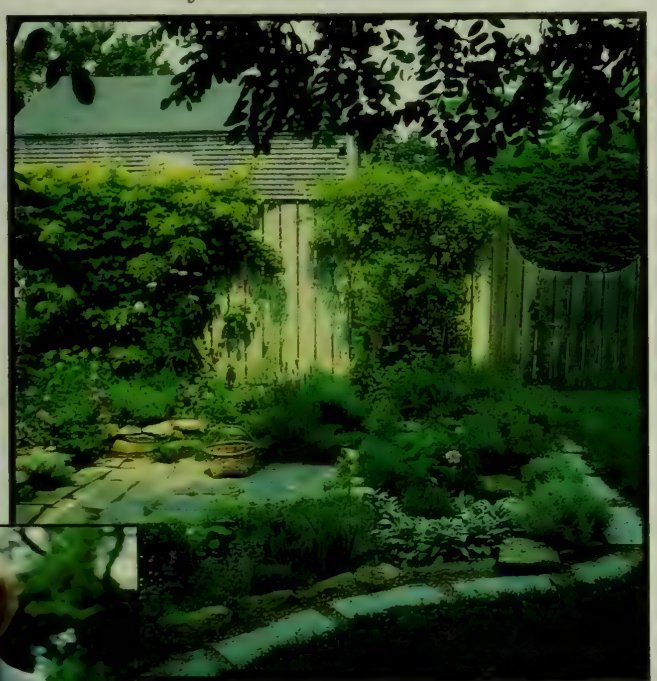
"What makes my tomato-cheese pie so delicious? Why, Crisco of course. 'Cause Crisco makes food that's good for you... taste good too. See, nothing makes a piecrust flakier. And Crisco's all-vegetable, with no cholesterol, salt or preservatives.
So you just try my recipe, and see how cookin' good and eatin' healthy can both start with Crisco."

Loretta Lynn

HERBS

For Fragrance and Flavor

By Jane Austin McKeon





Herbs captivate the senses with sweet smells, spicy flavors, and subtle hues. Here's how to fully enjoy them.

HERBS: THE SPICE OF THIS GARDENER'S LIFE

For Janet Grindley (*above*) a productive garden means growing an assortment of herbs. This herb enthusiast fills her Massachusetts dooryard garden (*above*) with a potpourri of sweet fragrances and a spice cabinet's worth of flavors. Author of *Peacock Manure and Marigolds* and *The Joy of a Small Garden*, Janet encourages other gardeners to grow herbs because they give big rewards with little effort.

Even a small herb garden can hold as many as a dozen different varieties. Janet's border includes artemisia, lamb's-ears, soapwort, catnip, hyssop, Queen-Anne's-lace, santolina, winter savory, French thyme, yarrow, tarragon, and lady's-mantle. For added color, she mixes in such perennials and annuals as dwarf iris, alyssum, and blue lobelia.



Thyme (perennial)
Fragrant foliage



Dill (annual)
Dried seeds used in pickling



Parsley (annual)
Used for fresh garnishes



Sweet basil (annual)
Spicy-flavored leaves

Herbs Are a Family Affair

When Gay and Chip Gillespie (*opposite bottom*) bought their Massachusetts acreage in 1977, the first thing they set out to do was clear a space for a garden. "It was just an overgrown field," says Gay, "with poison ivy, goldenrod, and bittersweet."

Wanting to preserve the land's natural look with low-maintenance plants, the couple asked for advice from Chip's mother, Janet Grindley. (*See previous page.*) "My mother-in-law inspired us to grow herbs," says Gay. "Before digging in, we studied her garden diaries."

The two generations now swap plants and garden knowledge. "Our gardens are designed differently," says Gay, "but we enjoy sharing plants and information." Though an informal mixture of fragrant and culinary herbs, Gay and Chip's garden (*right*) actually is carefully planned. Because herbs require full sun and well-drained soil, the couple selected an open, sunny site. Before planting, they worked in plenty of cow manure and compost.

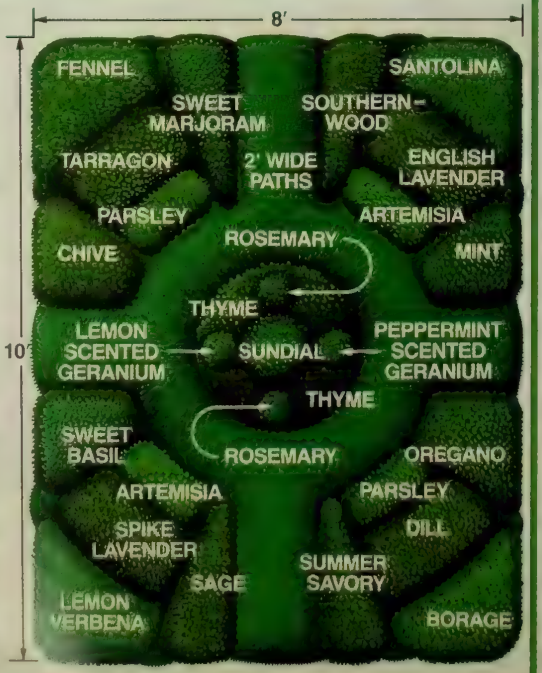
Gay and Chip combine plants with contrasting colors and textures so that each herb will stand out. In the center of the bed, the downy leaves of lamb's-ears and feathery foliage of artemisia make a light, airy frame for the taller wormwood. The germander's pink blooms add color in front, and creeping thyme softens the rock in back. Tarragon, sage, savory, chamomile, and rosemary fill in.

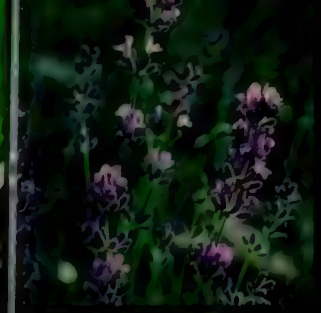
Photographs: Maris/Semel. Illustration: Jim Buckels. Field editor: above, Bonnie Maharam; all others, Estelle Bond Guralnick

Herb Garden Design

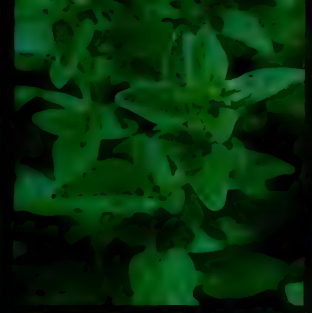
Herbs traditionally are planted in geometric shapes. One of the simplest formal patterns consists of four beds intersected by crisscrossing paths. Here, herbs are grouped according to flavor or fragrance. The basic design can be modified by enlarging the beds and adding more paths.

For best results, place taller herbs like tarragon, lavender, and dill in the middle, and shorter plants around the edges. Cold-sensitive herbs, such as rosemary and scented geranium, can be grown in containers, then taken indoors for the winter. A sundial in the center adds interest.

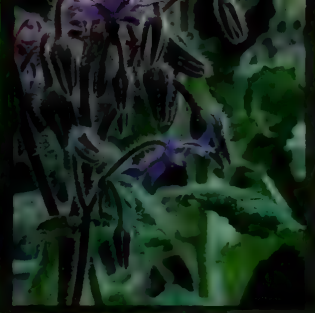




Lavender (perennial)
Fragrant flowers and foliage



Oregano (annual)
Leaves used in cooking



Borage (annual)
Fresh leaves used in salads

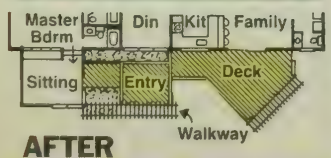


Tansy (perennial)
Used in dried bouquets



Gay and Chip Gillespie harvest herbs then dry them for cooking and crafts.





AFTER

Here's What We Did:

- Added new rough-sawn plywood siding
- Built the rear deck
- Added a front entry deck and arbor

RENOVATED RANCH

A NIFTY NEW LOOK FOR A '50s RANCH

By CarolAnn Shindelar

The '50s are famous for many things, but outstanding architecture isn't one of them. The decade left us a legacy of boxy tract houses now ripe for remodeling. Glorious potential awaits, as our renovated ranch demonstrates.

REAR DECK ▷

Running almost the full width of the house, the jauntily angled rear deck (*above*) provides 700 square feet of outdoor living space. The angles zone the deck into two areas: a corner retreat on the left, and an activity-oriented space on the right. At parties, traffic flows freely between them. The deck is built of pressure-treated southern pine finished with a light stain to soften the color of the wood.



Project sponsor: Wood Products Promotion Council. Architect: Jim Bodoia, Mithun-Bowman-Emrich Group P.S. Interior design: JCPenney Company, Inc. Builder: Dale Enterprises. Bedroom projects design: Marian Miura

FRONT FACE-LIFT ▷

The '50s look was written all over the face of the house (*above right*), but a new skin of rough-sawn plywood siding brought it into the '80s (*right*). Batts were placed at every fourth groove to add interest. An entry arbor and walkway stained to match the siding gracefully entice you indoors.

Photographs: de Gennaro Studios



RENOVATED RANCH

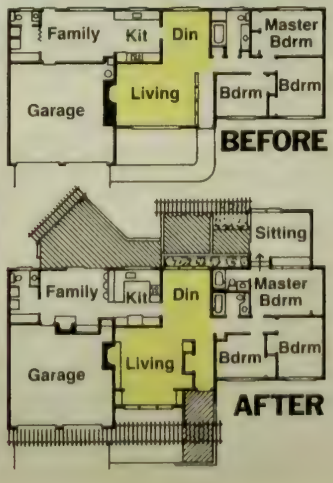


LIVING/ DINING AREA

It took more imagination than money to bring the living/dining area from its humble past to the remarkable present. The transformation teamed simple architectural changes with classic furnishings by JCPenney to create a new home that will live well into the future.

The original builder was foresightful enough to have left the dining room open to the living area (*above*), so the two rooms act as one. To give the dining area (*right*) more distinction, we vault-





Here's What We Did:

- Pushed out the wall behind the sofa 4 feet; added bookshelves on each side of the bump-out
- Installed a fireplace insert
- Added a glazed ceramic tile hearth
- Covered the fireplace wall with tongue-and-groove western red cedar
- Built a divider between the foyer and living room; created an airlock entry
- Mirrored the back side of the entry closet facing the living area
- Raised the dining room ceiling to the roofline; added a trio of skylights
- Replaced the dining room windows with floor-to-ceiling glass

ed the ceiling and replaced the dreary aluminum window with floor-to-ceiling glass. In the winter, the new south-facing windows help with heating bills by serving as solar collectors.

New windows on the north side of the house help bring the living area (*above*) out of the Dark Ages as well. The windows are part of a 4×14-foot bump-out that gives the room the extra air and space it sorely needed—and provides just enough room for a mini library. Adjacent to the bump-out, the fireplace wall is accented with western red cedar and finished with a clear sealer.



Traditionally styled furnishings fit the formal character of the room, while contemporary-lined pieces, like the brass-and-glass coffee table, help lighten the look. An Irish wool rug ties the conversation area together. For large groups the upholstered dining chairs provide auxiliary seating space.

RENOVATED RANCH

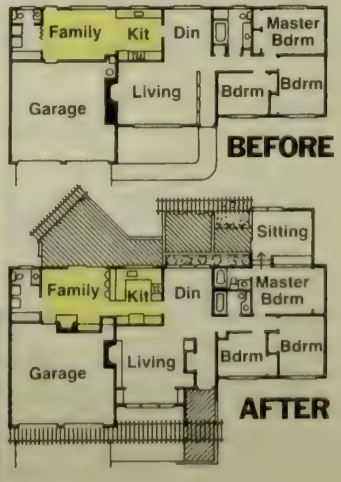


KITCHEN/ FAMILY AREA

Traffic in every home eventually winds its way to the kitchen, and the kitchen in this house is more than just a place to prepare food (*above*). Cooking and clean-up are part of the job, of course, but more important, the kitchen is the control center for the rest of the activity areas in the house.

Just steps from the family room (*right*), the dining and living rooms, and the outdoors, the kitchen is compact yet convenient, stylish, and simple. Oak cabinets stained suede gray set







Here's What We Did:

- Gutted the kitchen; installed new oak cabinets and sleek new appliances
- Added a breakfast counter on the back side of the kitchen work counter
- Pushed the kitchen wall back 2 feet into the living room
- Moved the kitchen doorway to open up additional work space
- Vaulted the family room ceiling
- Added a brass-trimmed prefab fireplace and a niche of shelves in space borrowed from the garage
- Installed a patio door leading to the deck
- Laid a new ceramic tile floor
- Added recessed can lights

the pace for the clean-lined look, while a horseshoe-shaped countertop covered with white laminate provides plenty of work surface. A breakfast counter at dining height is handy for snacks and quick meals. Handsome new top-of-the-line appliances complete the picture.

The kitchen is completely open to the family room (*above*), which ensures that whoever has KP is still in on the action. To visually define the two areas, we removed the old 8-foot ceiling in the family room, and added a new ceiling to match the slope of the roof. Extra space was garnered by borrowing a 2×9-foot sliver from the garage for a prefab fireplace, a niche of open shelves, and a built-in desk-height counter.

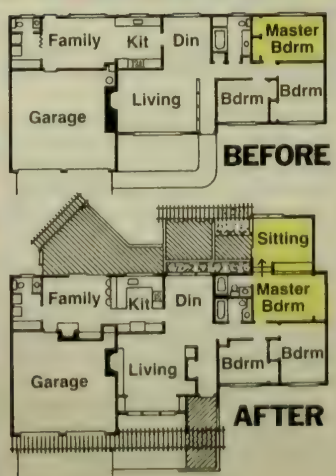
An L-shaped modular sofa covered with snuggly slate-gray flannel takes full advantage of the cozy setting. In this arrangement, the modulars turn their backs on the kitchen and focus attention on the fireplace. The pieces can be rearranged as needed, and even the ottoman doubles as a desk "chair." A butler's tray table serves as a slim coffee table, but its leaves flip up to handle casual fireside dining or snacks for a crowd.

RENOVATED RANCH

MASTER SUITE

Tucked away at the far end of the house is this peaceful master suite. The perfect hideaway for catching up on office work or leisure reading, the sitting area (*right*) is the only major room added to the house during the remodeling. Although it's small, just 12×14 feet, it's big on value, adding a much-needed quiet area to the busily functional house. The sitting room extends outdoors as well, with sliding glass doors providing access to the rear deck. Two lilac love seats and ■







Here's What We Did:

- Added a 12×14-foot sitting room next to the master bedroom; incorporated a his-and-her work area
- Moved the wall of closets in the bedroom to the opposite wall
- Divided the single, poorly planned bath into two separate baths: one for the master bedroom, the other for the rest of the house
- Built our own bedroom furniture: a platform bed with storage drawers underneath, a dual-shelf display headboard, and two nightstand cubes
- Covered the floor with dark gray industrial-look carpeting
- Installed two brass reading lamps

stack of floor cushions provide versatile seating space.

On the wall facing the bedroom, a built-in work surface, filing cabinets, and two sets of shelves provide a generous office area (*opposite top*). Through the window at the center, you can see the master sleeping area (*above*). Shutters can be drawn to prevent light in the work area from shining into the bedroom.

We made relatively minor changes to the bedroom itself. First, a wall-long row of closets was moved to the opposite side of the room, and then the old closets and a space-wasteful adjacent bath were turned into two new baths: one for the master suite, and the other for the rest of the house (see plan).

Then we concentrated on designing sturdy new pieces of bedroom furniture. The major project is a 6½×7½-foot platform bed large enough to provide seating all around, as well as storage below. Above the platform is an inventive headboard unit; simple plywood cubes serve as nightstands.

For complete how-to information on building the bed, headboard, and nightstands, please turn to page 50.

RENOVATED RANCH



BOY'S BEDROOM

Just as the rest of the house underwent a top-to-bottom revamp, so too did the kids' rooms. The boy's bedroom (*above*) used to be nothing more than a 10×10-foot shoebox with four blank walls and an obligatory closet. Now the space is a dream room sporting a new trundle bed and handsome open shelves ready to be filled with books, toys, and games.

The four-drawer dresser built of ¾-inch plywood is freestanding; the rest of the storage units, constructed from dimension lumber, are built in. The trundle bed (*left*) is simply a 1×8 framework with two "boxes" for mattresses; a standard twin-size mattress fits the top box, and a 36×71-inch foam mattress fits the bottom box.

For complete how-to instructions for building the trundle bed and dresser (*above*), and the platform bed in the master bedroom (see previous page), please turn to page 50.

Buying information, page 173.

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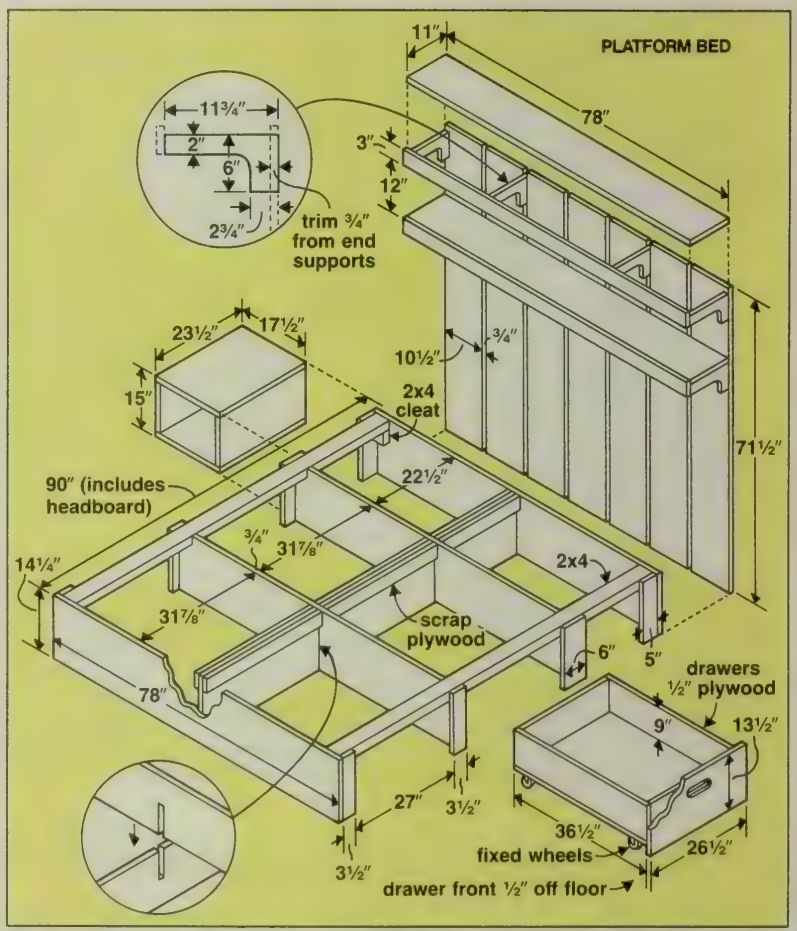
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RENOVATED RANCH BUILT-INS

begins on page 40



BUILD THE PLATFORM BED

The platform rests on pieces of ¾-inch plywood slotted to fit together on edge (see detail), then boxed in at the foot and head and braced with 2×4s. Cut the pieces to fit inside the box, and cut slots 7¼ inches long where the shorter and longer pieces intersect. Cut notches in the top ends of the shorter pieces to accept the 2×4s.

To provide a wider middle support for the plywood platform (on which the mattress rests), sandwich the longer slotted support piece between scrap reinforcers, leaving space for the cross-pieces to pass through. Glue and nail the sandwich.

Slip together the slotted pieces of plywood where they match. Cut the 2×4s to length and lay them in their notches. Then, screw cleats into the foot and head pieces as shown and glue and nail the foot and head to the crate.

Add top and trim

The platform is made of 2 pieces of plywood 89¼ × 39 inches. (We've omitted these from the sketch.) Lay the pieces out lengthwise so they butt against each other on top of the middle support. Note that they extend beyond the 2×4s by ¾ inch on each side of the bed. With the top of the platform as your guide to square, glue and nail the box together. Add the pieces between the drawers using glue, nails, and metal L brackets attached out of sight. Add veneer tape to the exposed plywood edges or putty and sand smooth.

Make the drawers

Four large drawers roll on fixed wheels, providing ample storage under the platform. Cut pieces from ½-inch plywood to the sizes shown. Make the drawer pull cutouts in both the front

continued

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RENOVATED RANCH BUILT-INS

continued

pieces and boxes, then glue and nail the boxes together. Screw on the drawer fronts. Mount the wheels. When rolled in place, the drawers will be flush with the sides of the bed.

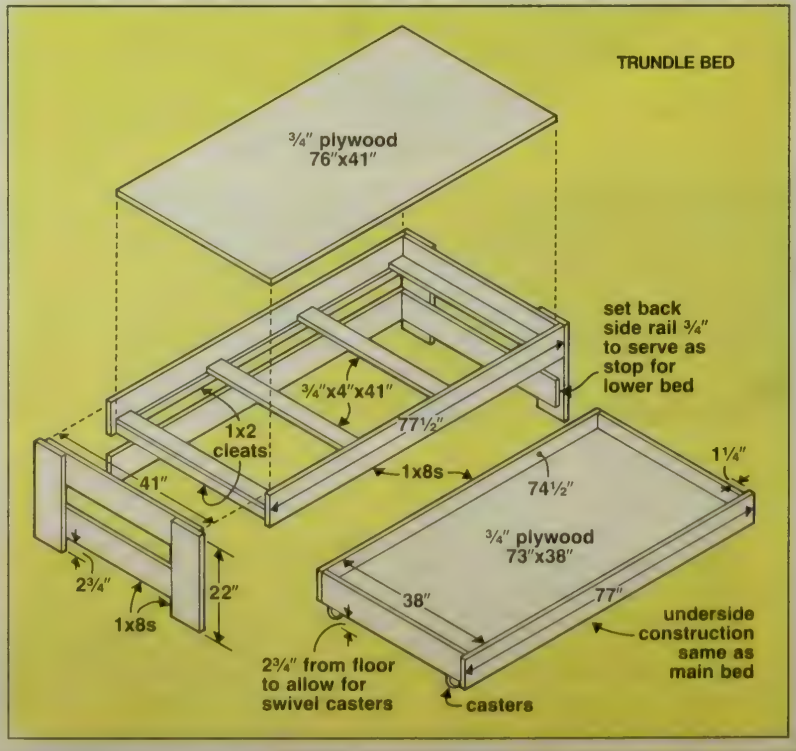
The headboard and shelves

Fixed to the wall behind the platform bed are 7 pieces of ¾-inch plywood cut to the sizes shown. Before screwing them to the wall underneath the top shelf, nail the end shelf supports from the back and the inner supports into 1 edge. Space the boards ¾ inch apart, sandwiching the inner shelf supports between boards. If you like, install fluorescent lighting below the lower shelf.

Add the nightstands

These cubes are constructed of ¾-inch plywood. Butt them up against the sides of the platform at the head. You may want to nail them to the bed from the inside of the boxes. Prime and paint the entire project the color of your choice. The mattress is double size.

continued

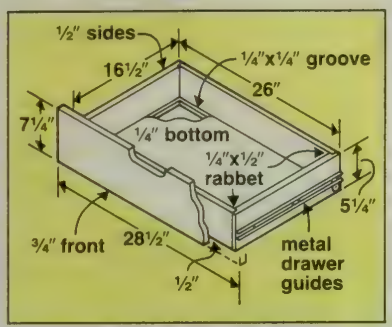


BUILD THE TRUNDLE BED

Start the project by making the top box. Cut pieces to the sizes shown (*below left*). Screw the 1×2 cleats on the bed's side and end rails. Form the rails into a rectangle, lay in the 1×4 cross-pieces (nail them into the cleats), then glue and nail the frame around the plywood. Then glue and nail the bottom rails.

The trundle (or bottom) box is basically the same, though smaller. Build the box, overlapping the front rail beyond the sides as shown. Add casters. Finally, prime and paint the unit to match the room.

The top will accept a twin-size mattress; the bottom box will accommodate foam rubber cut to 36×71 inches.



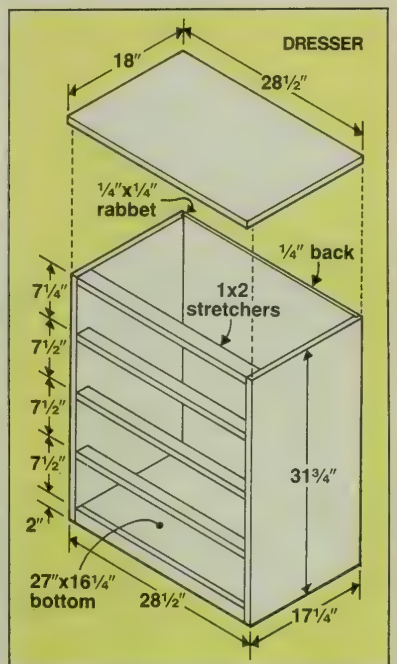
BUILD THE DRESSER

Cut the dresser sides and top from ¾-inch plywood. Then cut grooves ¼ × ¼ inch in the back edges of the sides to accept a back of ¼-inch plywood. Assemble the sides, back, bottom, and kick board; glue and nail.

Next, build the drawers. Use ½-inch plywood for the sides and back, and ¾-inch plywood for the fronts. Cut ¼-inch grooves ¼ inch deep ½ inch from the bottoms of the drawer sides, front, and back; cut rabbets as shown at the corners. Cut the drawer bottoms and assemble the boxes with glue and nails.

Cut the front pieces to size, and cut out the drawer pull openings. Attach the drawer fronts with glue and screws. Position the fronts to extend below the bottom edges of the boxes by ½ inch.

Nail and glue the 1×2 stretchers in place. Mount drawer guides according to instructions, starting with the bottom drawer and working up. Then attach the top. Prime and paint.



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A Greenhouse Bump-Out



A greenhouse bump-out is a great way to enlarge a room and improve the view. By cantilevering it from an existing wall, you can keep costs to a minimum, too. This greenhouse, which replaces an existing window in the study, is fabricated of acrylic glazing and is framed with redwood to complement the brick walls of the house. Operable casement windows on the sides of the greenhouse provide ventilation when necessary. The greenhouse is connected to the existing heating system to protect the plants on cold winter nights.



During the summer, the glass-and-wood structure is shielded from harsh noontime sun by the overhang of the house.

Inside, a standard, 12-foot sliding glass door closes off the 4-foot-deep greenhouse from the study. Recessed lighting provides a dramatic effect at night. The greenhouse floor is waterproof quarry tile—ideal for plant care.

Photographs: Harry Hartman. Architect: John W. Cherry. Field editor: Ruth Reiter



SPORTS INJURIES
Treating Strains and Sprains at Home



Suddenly, it hurts. You made a desperate lunge for a tennis serve, or tripped over a curb while jogging—and "pop!" Should you see a doctor? How long should you rest? How can you recover faster?

However excruciating they may seem at the time, most sports injuries mend normally without hospitalization or prolonged doctor's care. Simply follow the ICE prescription that we describe in this article—ice, compression, and elevation.

If you have any question about the extent of the injury or the correct home treatment, see your doctor promptly. An examination or X ray may disclose a fracture or hidden injury requiring further attention.

Most athletic injuries are either strains or sprains:

Strains—"pulled muscles"—involve the muscles and the tendons that link muscles to the bone.

Sprains occur in the joint itself when supporting ligaments stretch or tear.

In either kind of injury, the symptoms are similar: there will be pain and swelling in the first 24 hours, possibly with discoloration and stiffness later.

Treat with ICE

The best home treatment for strains and sprains is an easy-to-remember, three-step approach known by the acronym ICE. Here's the procedure:

1. Ice. Apply ice to the injured area immediately to contain swelling and promote healing. Place the icebag directly on the swollen area and keep it there for 20 minutes. Use an elastic bandage to keep the icebag in place if necessary.

An ice massage also helps to promote healing. Fill 6-ounce paper cups with water and place them in the freezer. When the ice is ready, tear off about half the paper and hold the lower end of the cup. Rub the swollen area with firm strokes, toward the heart. Continue the massage for eight to 12 minutes and repeat several times each hour.

Don't use chemical ice—the kind you use to chill drinks in a picnic chest. The temperature simply isn't low enough to be beneficial. And don't apply heat until the swelling has waned noticeably. Heat actually expands blood vessels and inhibits the necessary clotting.

When swelling starts to decrease, speed healing with alternate hot-cold treatment using an icebag and warm cloths. The hot-cold treatment stimulates the blood flow throughout the recovering area.

2. Compression. Wrap the injured area with an elastic bandage. In the case of an ankle injury, for example, begin at the toes, then wrap with figure eights around the ankle and as high up the leg as the bandage lasts. Keep the

continued

Photograph: Steve Niedorf



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SPORTS INJURIES

continued

ankle in its normal position.

Caution: Don't wrap the ankle too tightly, especially if the area is badly swollen. And don't wear the elastic bandage in bed. It constricts circulation too much at night.

As an alternative to an elastic bandage, some athletes use an inflatable air cast for compression. You usually can purchase one at a drugstore; or try a medical supply store.

*3. **Elevation.*** Raising the injured area helps to return the extra blood flow caused by the injury back to the heart. The elevation needn't be extreme. In the case of a wrist injury, for example, just putting the arm in a sling is enough to do the job.

For a leg injury, sit with the foot propped on a chair, stool, or desk. At night, place a pillow between the mattress and box spring to raise the foot of the sleeping surface. Don't substitute a pillow under the blankets; you're likely to simply kick it away while sleeping. You usually can prop an arm or hand successfully with a pillow under the blankets, however.

Keep moving

Physical therapists say it's generally wise to begin exercising the injured area immediately, to the extent that pain and range of motion permit.

In the case of a more serious injury to a weight-bearing joint such as the knee or ankle, use crutches or a cane to keep full weight off the injured leg. But touch the foot to the floor as you would naturally—don't limp any more than you have to. Again, let pain and range of motion be your guide.

Back to sports?

You'll probably be eager to get back into action. How long should you wait before plunging in again?

According to the experts, the best rule of thumb is that the period of return to full strength is twice as long as the period of injury. For recovering runners, start out by walking, then begin to run at about one-third your former distance. Don't be concerned about speed; there's time for that when you're fully recovered.

Prevention tips

The best "treatment" for sprains and strains is prevention. Here are some practical tips that will help you stay in action:

- Get in shape before you play. Start with simple stretching and flexibility exercises.
- Stretch after a workout as well as before.
- Be sensible about athletics. Don't suddenly plunge in after a long period of inactivity.
- Learn about a sport before you begin. Get proper instruction and talk to other players. Your chances of injury are less if you know the recommended techniques.
- Use proper equipment. Investing in better quality gear now may save you a lot in medical bills later.
- Keep your weight down. Overweight makes your body awkward and increases the risk of injury.
- If you do get injured, be patient. Don't rush your recovery. If you do, you'll be asking for another injury soon.

—With Edwin Kiester, Jr.

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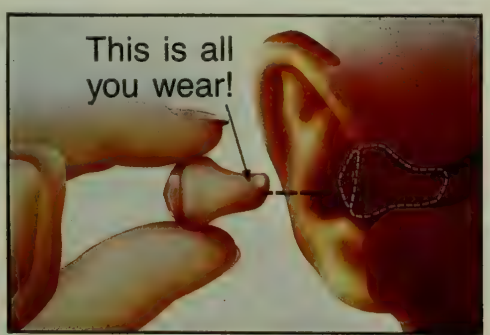
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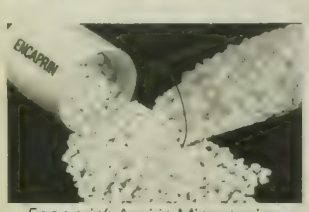
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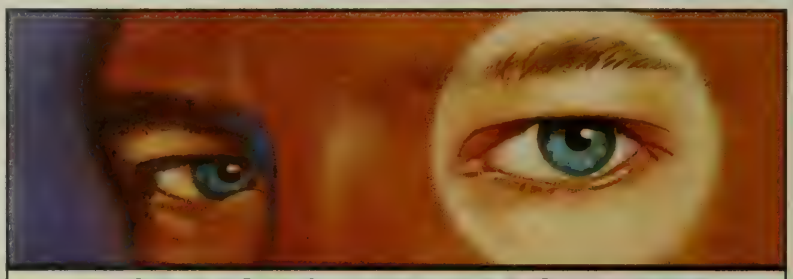
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AMAZING NEW TREATMENTS FOR Vision Problems



5 SERIOUS EYE DISORDERS

Warning Signs and Latest Treatments

	Symptoms	Latest Treatments
GLAUCOMA Increased fluid pressure in the eye, damaging optic nerve. Most common after age 35. Heredity a factor	*Open-angle glaucoma* (more common): No noticeable early symptoms. Testing (*tonometry*) essential for detection *Closed-angle glaucoma* (less common): Severe eye pain. Sometimes episodes of seeing colored halos around lights	Primarily medicine to relieve intraocular pressure, although argon laser is being tested Traditional surgery being replaced by *"cold" YAG laser treatment* to cut obstructing membranes and vaporize scar tissue, or *"hot" argon laser treatment* to open drainage of fluid from the eye
DIABETIC RETINOPATHY Leakage and other damage to blood vessels of the retina. Most common in diabetics who have had the disease for several years or longer	Anyone with diabetes, particularly those who have had the disease for several years or longer, should have frequent eye exams to check for this disorder. Usually no symptoms before vision loss	*Photocoagulation* of leaky vessels with a laser beam, or *vitrectomy* (replacing the clouded vitreous fluid in the eye)
CATARACTS Clouding of the lens of the eye. Most common after age 60	Hazy vision and poor night vision. Lights seen at night or bright sunlight cause the clouded lens to "scatter" light with a dazzling effect	*Phacoemulsification* (ultrasound extraction of lens), followed by intraocular lens implant. Also, extended-wear contact lenses
SENILE MACULAR DEGENERATION Deterioration of the center of the retina at the back of the eye. Most common after age 50	Straight lines may appear wavy. Blurred and distorted vision (most apparent during reading) and blank spots when looking straight ahead	For neovascular SMD: *Laser treatment* to halt growth of new vessels. Devices such as *camera lenses* improve central vision
RETINITIS PIGMENTOSA Gradual breakdown of retinal tissue. Commonly occurs before age 30. Heredity a factor	Marked loss of night vision and narrowing of the visual field ("tunnel vision")	None, although devices such as the *"reverse telescope"* and night vision aids can expand vision field dramatically

ILLUSTRATION: BILL REYNOLDS

continued

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continued

The "miracle" came to Margie Brady of Cookeville, Tennessee, last year. Born 30 years ago with genetic defects that kept her in a world of shadows, Margie was legally blind (she had less than 10 percent of normal vision).

Scores of visits to eye doctors had confirmed that Margie could not be helped. Then came the breakthrough—a telescopic device mounted in regular eyeglasses, developed by Drs. William Feinbloom and Richard Brilliant at the Feinbloom Vision Rehabilitation Center at the Pennsylvania College of Optometry in Philadelphia.

The device, called the *camera lens,* increased Margie's vision from 3 percent to over 90 percent of normal. Her new eyeglasses look like something out of "Star Wars," but as Margie says, "When you think of what they do for you, they're a thing of beauty."

Margie's story is just one example of how space-age technology is saving and restoring people's sight. The new weapons include miniature telescopes that magnify vision by up to 800 percent, light and sound waves from lasers and ultrasound devices, cryosurgery (a freezing process), and delicate surgical instruments that are manipulated with the help of computers. "Things are moving at a pace so rapid that it's unprecedented," reports Dr. H. Dunbar Hoskins, a spokesperson for the American Academy of Ophthalmology.

Cataracts: No more "pop-bottle" lenses

Cataracts, which are among the most prevalent of vision disorders, cloud the lens of the eye and block the passage of light. Until just a few years ago, cataracts required extensive surgery that kept patients hospitalized for about 10 days. Complications were frequent, and "pop-bottle" eyeglasses were necessary to compensate for the missing lens within the eye.

Now, the trauma surrounding traditional surgery has been reduced. A simple cataract operation can take as little as 20 minutes in an outpatient surgery center using local anesthetic.

Here's how technology has brightened the picture: Rather than removing the entire clouded lens from the eye, surgeons now perform *phacoemulsification,* a procedure that leaves the back skin of the lens intact and removes the inside pulp and front portion, sometimes with an ultrasound needle. Eyeglasses or contact lenses can replace the natural lenses, but the most popular and effective replacement today is the *intraocular lens implant.*

The implant is a substitute lens made of plastic that is inserted into the eye after the cataract has been removed. The latest implants are permanent, require no maintenance or special care, and sometimes help to correct other vision problems. Ultrasound waves measure the precise size of the replacement lens required.

Now, even in complex cataract operations, the patient rarely spends more than a day in the hospital. Best of all, the success rate in cataract surgery has reached 95 percent, according to the National Society to Prevent Blindness.

continued

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VISION TREATMENTS

continued

Lasers zap glaucoma

Think of glaucoma, the leading cause of blindness, as faulty plumbing within the eye. The disease blocks the drainage of the clear fluid that flows continuously through the inner eye like water from a tap. When pressure mounts within the eye, the optic nerve is damaged or destroyed.

The damage may be limited by medication if arrested early—an important reason to have a painless eye test called *tonometry* done regularly, especially if you are over 30 or have a family member with glaucoma. But when glaucoma has progressed unchecked or doesn't respond to medication, other action is necessary.

In the past, this meant eye surgery performed in a hospital, followed by weeks of postoperative care. Now, lasers do the work much more quickly and with far less risk in patients with what's known as closed-angle glaucoma. Treatments can be performed right in the doctor's office and last only about 15 minutes, according to Dr. Stephen Obstbaum, an ophthalmologist at Mt. Sinai Medical Center, New York. Anesthetic eye drops ensure no pain.

An argon laser (argon is the inert gas that powers the laser) is focused through a microscope at the precise treatment spot in the eye. The laser transmits pulses of light in bursts that last no more than a thousandth of a second. The bursts open up the "clogged drain" and lower the pressure. Because surgery isn't necessary, the chances of infection and other complications are much fewer. The procedure now is being evaluated for patients with open-angle glaucoma, the most prevalent form of the disease.

The latest laser device is the "cold" or YAG laser (YAG stands for yttrium-aluminum-garnet, the compound found in the laser rod). It's utilized in closed-angle glaucoma. Unlike the "hot" argon laser, the YAG can cut obstructing membranes in the eye and vaporize scarred tissues without burning any surrounding tissue.

Lasers are just one of the new techniques for fighting glaucoma. Ultrasound waves can be fired at the eye to open up a channel to drain excess fluid. And cryosurgery is being tested as a way to destroy by freezing the part of the eye that over-secretes fluid.

Other uses of lasers

Diabetics who suffer from retinopathy, the overgrowth of blood vessels that damages the retina, are benefiting from laser treatment to cauterize the vessels and prevent the growth of additional ones.

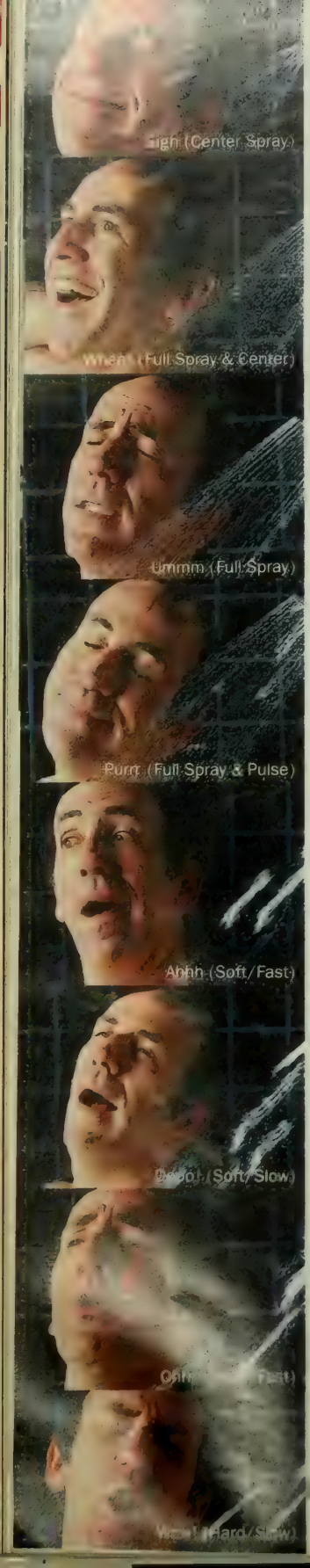
In people with detached retinas caused by accidents, tumors, or eye diseases, lasers are used to "weld" the retina back into place (the retina is the light-sensitive tissue at the back of the eye that relays messages to the brain). And in the neovascular type of senile macular degeneration (SMD), a common eye disease in people over age 50, lasers are sealing leaky eye vessels.

An operation for nearsightedness

We can thank the Russians for hopes of one day throwing away eyeglasses and contacts to correct nearsightedness

continued


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VISION

continued

(myopia). A surgical procedure known as *radial keratotomy* was introduced in Japan, popularized by the Russians, and now is performed by a number of American eye surgeons.

Normally, light rays entering the eye are bent by the cornea and the lens so that they focus on the retina. Nearsighted people (one in five Americans) have overly long eyeballs that cause images to focus in front of the retina. Corrective eyeglasses change the angle of the light rays to adjust the focus; radial keratotomy does the same thing by changing the curvature of the cornea.

The surgeon makes a series of 8–16 incisions in the cornea, which look like the spokes of a wheel. The incisions change the curvature, and light rays are bent to focus farther back. The operation is a 20-minute office procedure utilizing anesthetic eye drops and an operating microscope. Usually, there is a two-month interval between the operation on the first eye and the second.

Ophthalmologists generally agree that radial keratotomy improves vision immediately. But there are concerns that there may be long-term side effects, still undetected, from the procedure. It's also expensive: $1,500 per eye. To resolve the issue, the government's National Eye Institute set up a five-year clinical trial program in 1981. The Institute is not ready to comment officially, but the initial results have been extremely positive, according to researchers at Emory University.

"Reverse telescope" for retinitis pigmentosa

Retinitis pigmentosa robs people of their side vision so that they see through only a narrow, central "tunnel." A device called the "New Horizon Lens," which acts as a reverse telescope, now helps people with "tunnel vision." It was developed by a team headed by Drs. Feinbloom and Brilliant from the Feinbloom Center and Dr. Wayne Hoeft of Los Angeles. This lens shrinks images in the horizontal plane of vision so that the patient sees twice as much in the horizontal field (the device does not enhance vision in the vertical field). The New Horizon Lens has been tested successfully on 169 patients at vision centers throughout the U.S.

—With Martin Abramson



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DIET AND HEALTH

CHOLESTEROL: HOW MUCH IS TOO MUCH?


APPLES


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LEGUMES

Q. I'm 42 years old and I don't want to risk having a heart attack. To avoid the risk, my doctor has advised me to trim cholesterol from my diet. Where should I start?

Alan Watt, Ames, Ia.

A. Cholesterol is a scary issue—especially since new studies produce new views on how (or what) we should eat. People with high blood cholesterol levels have a greater chance of suffering from heart disease.

Recent studies indicate that everyone can lower his blood cholesterol levels through diet. Based on this, it's smart to eat foods lower in fat. It can't hurt you or other family members either, for that matter. Here's what to aim for when reducing cholesterol in your diet:

Limit supercholesterol foods like eggs and organ meats. Eat no more than three yolks a week, including those used in cooking. Use only lean cuts of meat. Skinless chicken and turkey and fish are lower in fat than other meats. Use margarine instead of butter. Drink skim or low-fat milk instead of whole milk.

Add to your food plan with dried beans, fruits with pectin, and whole grains. Some studies show that these help lower blood cholesterol. The foods pictured exemplify other low- or no-cholesterol foods.

As a guideline, curb cholesterol intake to 300 milligrams or less a day.

William M. Hopkins,
Hopkins Associates

SALMON-STUFFED MANICOTTI

Salmon is an all-around good choice for low-cholesterol meals; studies show it reduces cholesterol in the blood.

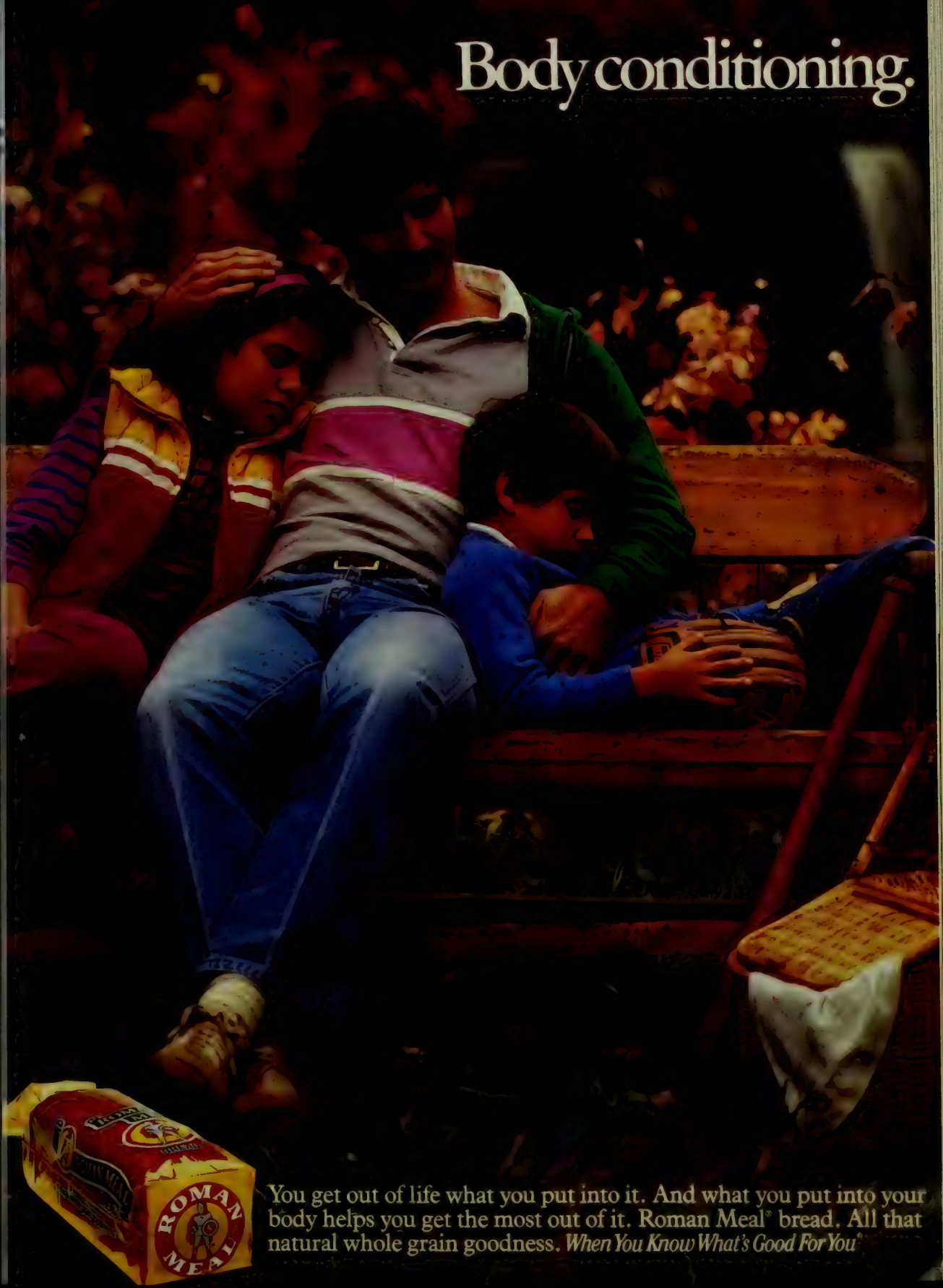
4 manicotti shells
1 cup low-fat cottage cheese, drained
2 teaspoons prepared horseradish
1 7¾-ounce can salmon, drained, flaked, and skin and bones removed
1 tablespoon margarine
4 teaspoons all-purpose flour
¾ cup skim milk
½ cup seeded and shredded cucumber (½ medium)
Few dashes bottled hot pepper sauce

Cook manicotti according to package directions; drain. Rinse with cold water; drain. Combine cottage cheese and horseradish. Add salmon; toss. In saucepan melt margarine. Stir in flour, ⅛ teaspoon *salt,* and ⅛ teaspoon *pepper.* Add milk. Cook and stir till thickened and bubbly. Stir *1 tablespoon* of sauce into salmon mixture. Fill each manicotti with *½ cup* salmon mixture. Place each in an individual casserole or arrange in a 10x6x2-inch or 12x7x2-inch baking dish. Stir cucumber and pepper sauce into remaining sauce. Spoon over manicotti. Cover; bake in a 350° oven 25 minutes or till heated through. Serves 4.

Per serving: 241 cal., 23 g pro., 19 g carbo., 7 g fat, 25 mg chol., 566 mg sodium. USRDA: 14% thiamine, 21% riboflavin, 28% niacin, 21% calcium, 32% phosphorus.

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TAX AUDITS

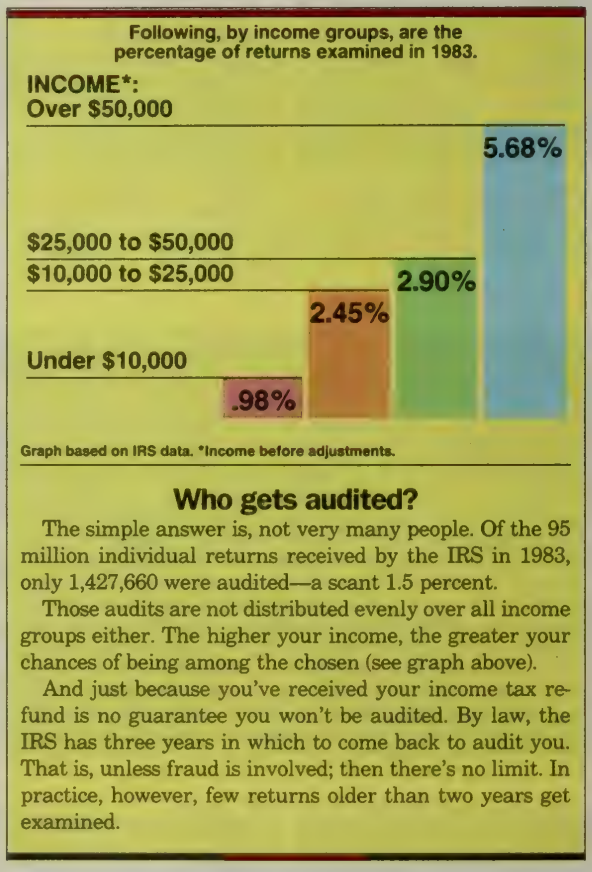
You CAN Beat the Odds

"It was like getting a heart attack in the mail" is the way one taxpayer described receiving his letter from the Internal Revenue Service.

The IRS does *not* send heart attacks in the mail. But every year it does send 2 million letters to individuals announcing: "We are examining your Federal Income Tax return for the above year(s) and find we need additional information to verify your correct tax."

Not all such letters result in audits, but it's probably safe to say that most result in heart-stopping moments for the taxpayers who receive them.

Knowing what happens to your tax return after you send it in and what your chances are of getting audited can reduce your fear of filing—and perhaps your chances of being audited.



Who gets audited?

The simple answer is, not very many people. Of the 95 million individual returns received by the IRS in 1983, only 1,427,660 were audited—a scant 1.5 percent.

Those audits are not distributed evenly over all income groups either. The higher your income, the greater your chances of being among the chosen (see graph above).

And just because you've received your income tax refund is no guarantee you won't be audited. By law, the IRS has three years in which to come back to audit you. That is, unless fraud is involved; then there's no limit. In practice, however, few returns older than two years get examined.

How does the IRS select targets?

The process starts with a complex computer program that scores individual returns against formulas. As the score mounts, so does the chance that your return will be pulled out from the crowd for further examination.

You get points, for example, if you have deductions above the average for your income and family size. No one—not even the auditors at the IRS—knows the exact, top-secret figures that are used as norms, but every year the IRS publishes an analysis of returns from which average deductions can be deduced. For the latest figures (from 1982 returns) see the table on the next page.



"How did the audit go, dear?"

What raises the red flag?

The returns that are kicked out by the computer are then screened by IRS employees. They decide which have what they call audit potential.

How can you reduce your chances of being audited? Experts believe that you reduce your chances if you simply prepare your tax return with care, drawing as little attention to it as possible, using the correct tax tables and forms. Forgetting to sign your return, failing to answer all questions, or neglecting to attach the proper documents will single your return out. So will faulty arithmetic. The IRS picks up several *million* math errors each year and sends out notices with a recomputation.

Agents are particularly on the lookout for unreported income. If you're in a business or occupation that provides the opportunity for cash payments, your tax return is more likely to be scrutinized. Doctors, salespeople, plumbers, waiters—anyone who works for tips or could sell a service for cash—may get a close look.

Certain deductions also raise suspicion:

- tax shelter investments
- home office if you have a regular place of employment as well
- casualty losses

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continued

- travel and entertainment for business purposes

Don't shy away from deductions just because they're the type under special scrutiny, however. Just be sure you can back them up. Even if you have a doubt about a deduction, most accountants agree that you should take it. Chances are that you're right—and chances are you won't be audited, in any case.

Explain, but not too much

Consider attaching an explanation to your return if you have a deduction you know is unusual. Casualty losses, for instance, raise the red flag because IRS experience indicates that people frequently miscalculate the amount. If your house suffered severe wind damage, you may have a substantial casualty loss. The computer might find it out of line and spit out your return, but if you attach a letter describing the damage and how you arrived at the deduction, the IRS examiner may well accept it.

On the other hand, the explanation itself could trigger an audit. If the claim is unusual and the explanation requires extensive documentation, the IRS examiner may automatically send the return to the audit pile because it's too much information to review quickly.

Somebody has to get audited; suppose it's you?

Your first question is: Should I take someone with me? The experts differ, but a good rule of thumb is to calculate how much in additional taxes you stand to lose if every deduction being checked is disallowed; the amount may come to less than the cost of hiring a professional. But if you stand to lose a lot or if you're unsure about what is and is not deductible, having someone with you who knows tax law can be very useful—and can save you a bundle. Remember, too, the professional's fee is tax deductible.

Even if you do decide to go alone, consider preparing for the audit by consulting with a tax professional. It's important that you know exactly what records to take. You must be able to justify the figures in question. Don't go to an audit with all of last year's canceled checks in a shopping bag and expect your auditor to sort them out.

Back payments of taxes are *not* tax deductible. Nor is any penalty the IRS might hit you with if the IRS determines you underpaid taxes deliberately or negligently.

All is not lost even if the audit goes against you and you're asked to pay more tax. You don't have to accept the IRS ruling. You can protest at the IRS Appeals Office or petition the U.S. Tax Court.

Although an audit itself is not a trial in any legal sense, it may feel like one. The big difference is that in courts of law you are innocent until proved guilty. In a tax audit, the burden of proof is on you, the taxpayer.

—By Barry R. Steiner, a Certified Public Accountant, former IRS agent, and author of Pay Less Tax Legally *(New American Library)*

WHAT DO OTHER PEOPLE DEDUCT?

	Average itemized deductions on 1982* returns			
Income**	Medical expenses	Taxes	Contributions	Interest
$8,000–10,000	$2,020	$ 907	$ 716	$ 2,367
10,000–12,000	1,637	1,063	594	2,589
12,000–14,000	1,469	1,223	787	2,432
14,000–16,000	1,025	1,299	720	2,475
16,000–18,000	952	1,388	693	2,728
18,000–20,000	824	1,554	639	2,400
20,000–25,000	908	1,830	721	2,968
25,000–30,000	752	2,057	732	3,195
30,000–40,000	686	2,575	859	3,596
40,000–50,000	843	3,237	1,148	4,482
50,000–75,000	896	4,574	1,551	6,242
75,000–100,000	1,028	6,918	2,523	8,719
100,000 or more	1,673	13,951	8,668	16,685

*Latest figures available

**Adjusted Gross Income, total income less dependents and some losses.

What is an audit?

There are three kinds of audits; each usually begins with the IRS sending you a letter.

- ***Correspondence audit.*** To respond, you mail in the missing information or documents (photocopies only—you keep originals). If the IRS accepts your explanation, that's the end of it. If not, they may send a bill. You then can pay the additional tax or protest the decision.
- ***Office audit.*** The letter requesting that you come in for an office audit will state the areas on your return that are being questioned, as well as the date and time of your appointment. Bring all your records and documentation to back up the figures being questioned. Never take information not requested.
- ***Field audit.*** These generally are restricted to businesses, to self-employed people, and to complex individual returns—situations in which the records are voluminous.

Can you head off an audit once it's in motion?

Sometimes. The IRS has a provision against "repetitive audits." Simply put, if you were audited in either of the two previous years for exactly the same issue you are being questioned about now and there was no change in your tax liability, you cannot be audited again. You *can* be audited one year for charitable contributions, for example, and the next year for medical deductions. And you also can be audited *every* year for the same issue if you had to pay additional tax or if the IRS refunded money as a result of the previous audit.

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Our #1 crippling disease:
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What is arthritis?
The word *arthritis* means inflammation of the joint. Swelling, redness, and especially *pain* are present in nearly all cases. While arthritis rarely poses a threat to life, it can often cause disability.

Of the over 100 forms of arthritis, the two most common are:
Osteoarthritis—The most common type of arthritis, usually associated with advanced age. Osteoarthritis limits the movement of joints, calling for changes in one's normal activities.
Rheumatoid arthritis—Often beginning between 40 and 50 years of age, rheumatoid arthritis can be the most debilitating type of arthritis. It is not only limited to joints, but may also affect other organ systems (lungs, muscles, skin, nervous system, even the heart).

Both forms of arthritis are more prevalent in women than in men. Their causes are at present unknown.

Symptoms of arthritis:
Early morning stiffness or aches, difficulty in movement or bending, and swelling and/or tenderness in one or more joints are all symptoms of arthritis. The hands, wrists, feet, elbows, knees, and shoulders are often sites of arthritic pain. If you are experiencing these pains, you should seek the advice of your doctor.

Myths and quackery—they can hurt more than help.
The days of "copper bracelet" and "exotic herb" cures are, unfortunately, not over. These and other "miracle" treatments *cannot* cure arthritis. They often do result in a waste of money and a delay in proper medical care.

Your best defense is to see your doctor.
People with arthritis can benefit greatly from proper treatment. The sooner you bring symptoms to the attention of your doctor, the sooner you can begin to correctly manage your arthritis. Your physician can use a range of advanced therapies, including new medicines, that can reduce the pain and inconvenience. Today there are drugs which not only are effective, but can also reduce the number of doses previously needed to as few as one per day.

Along with medicines, a tailored program of exercise and rest can be used to strengthen joints and keep them moving smoothly. Your doctor can also instruct you on ways to help yourself at home (hot baths, massage).

It's important to know that your physician, along with other health professionals, *can* make arthritis easier to live with. They are part of the overall health support system. We call it...

Partners in Healthcare:

You are the most important partner.
Only you can make the decision to see your doctor. It is you who must decide to accept the guidance and counseling of your physician and other healthcare professionals. When medicines are prescribed, only you can take them as directed.

Your doctor interprets the warning signs, orders your tests, and makes the diagnosis.
Along with the proper program of rest and exercise, your physician also prescribes the best medication for you among those available—considering each drug's characteristics—and monitors your progress.

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For additional information on arthritis, please contact your local Arthritis Foundation Chapter.

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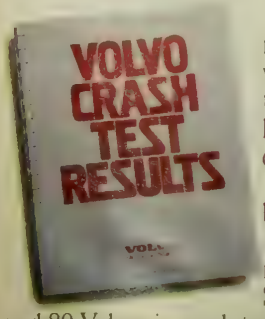
STATISTICS FOR PEOPLE INTERESTED IN NOT BECOMING STATISTICS.



"A barrier impact at 35 mph can generate between 80,000 and 120,000 lbs of force."

"In a 30 mph front end collision, a 165 lb man hits the windshield with a force of 3 tons."

"A 10 mph increase in impact speed from 30 to 40 mph means that 79% more energy must be absorbed."



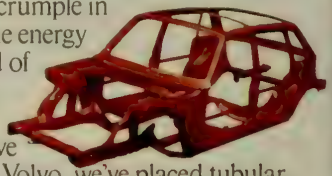
Let a bunch of safety engineers slam enough cars into a wall and statistics like these begin to pile up. The more of them you have to work with, the safer the car you can build.

At Volvo, safety has always been a high priority.

So every year at our Technical Center in Gothenburg, Sweden, we destroy between 70 and 80 Volvos in crash tests. And the statistics we've gathered over the years have helped us make the kinds of innovations that have made Volvo the standard of safety for the automobile industry.

Our now famous steel "safety cage," for instance, surrounds the passenger compartment of a Volvo and is designed to keep it from crumpling during a collision. Every weld in it is strong enough to support the weight of the entire car.

At either end of a Volvo is a built-in safety zone. It's especially designed *to* crumple in order to absorb some of the energy forces of a collision instead of passing them along to the occupants.



To make sure you have protection on all sides in a Volvo, we've placed tubular, steel anti-intrusion bars in all doors.

Even our steering column is designed to collapse upon impact and our laminated windshield is designed to remain intact.

Of course no car can protect you in a crash unless you're wearing the safety innovation that became standard equipment in Volvos back in 1959: the three point safety belt. (Statistics show that fifty percent of the deaths due to road accidents could be avoided if drivers and passengers were wearing them.) So if you're interested in not becoming a highway statistic, take a precaution the next time you take to the highway.

Be sure to fasten your safety belt.

And incidentally, it might be a good idea to be sure it's fastened to a Volvo.



VOLVO

A car you can believe in.

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SAFE DRIVING TIPS
FROM THE PROS

Cars are safer than they've ever been. Thanks to such improvements as side intrusion protection and collapsible steering columns, your chances not only of surviving an accident but of avoiding serious injury are better than ever. But there still are accidents—1.8 million of them in 1982—and there still are deaths—22,206 involving passenger cars in 1983. The reason? Drivers make mistakes, sometimes killer mistakes. To find out what any driver can do to improve the chances of avoiding an accident, we went to three men who make their living behind the wheel.



Rick Taylor

BOB BONDURANT

Bob Bondurant owns a famous school of high-performance driving in Sonoma, California.



Paul Herbert

LT. KENNETH KIRSCHNER

Lt. Kenneth Kirschner is a veteran of 19 years with the Connecticut Highway Patrol.



©David Hutson, 1984

DANNY SULLIVAN

Danny Sullivan currently is driving for the Carl Haas/Paul Newman team in Indy car races.

Defensive driving techniques

Our experts agreed that the best advice is to not let yourself get into a situation where there is something to avoid in the first place. The only way that's possible, they say, is to concentrate on the job at hand—driving—and to follow various defensive driving techniques such as these:

- Don't follow too closely. "We recommend using the three- to four-second rule," says Lt. Kirschner. "Watch the car in front of you pass a given point and count the seconds it takes you to reach that same point. It should be

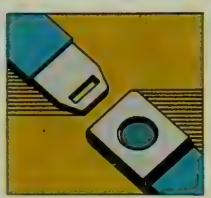
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STRESSING THE BASICS

Bondurant teaches everything from beginning racing to antiterrorist techniques for chauffeurs. Some of the basics he stresses:



A. **"Sit up straight, don't slump,"** Bob says. "Your mind is sharper and you can think and react more quickly. You also can feel what the car is doing through your feet, the back of your legs, your buttocks, and your upper and lower back."



B. **Fastening seat belts** is the most important action you can take to reduce the chance of injury or death, all three experts agree. By holding you in place, the seat belt also helps you feel the car on the road, giving you a better sense of control.



C. **For quick and controlled steering**, adjust the seat so you assume a comfortable bent-arm position and hold the wheel at three o'clock and nine o'clock. "Draping your wrist over the top of the wheel, or resting your elbow on the windowsill makes you incapable of steering effectively in an emergency," Bondurant points out.

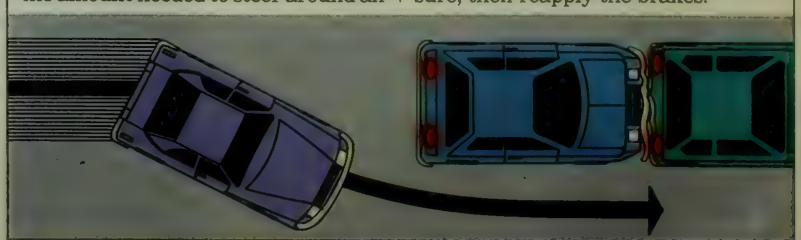
Illustration: Art Factory

DON'T BRAKE: STEER

In emergencies, too often a driver will simply jam on the brakes and hope to stop in time. That's usually the worst thing you can do. If the rear wheels lock, you can spin. If the front wheels lock, you have absolutely no steering. The proper reaction? Steer around the situation if at all possible. Says Bondurant: "I'd rather swerve into the next lane and have the guy behind swear at me than smash into the back of the car in front."

Don't be afraid to turn the wheel the amount needed to steer around an incident. "People think any dramatic turn of the wheel will cause the car to skid out of control and roll over. That's just not true," Bob says.

To avoid the danger ahead, take your foot off the gas, but don't brake. "That transfers the weight to the front tires for better traction. Then in quick, precise movements, steer around the problem. Then smoothly apply the gas." If you must brake, "squeeze" the brakes. If any wheels start to lock, release a bit of the pressure, then reapply the brakes.





mon killer mistake. "Drivers simply fail to check their mirrors before making a move," says Lt. Kirschner. "They change without even looking, and to make matters worse, they don't signal either."

Kirschner points out that some cars have a blind spot that blocks your view of what's coming up from behind. "A car can hide in there," he says.

But don't simply complain about a blind spot. "Think ahead," Kirschner advises. "Analyze the blind spot, and figure out exactly what you have to do to make certain a car isn't lurking there. Only then should you make your lane change."

- Put the proper pressure in your tires. During the fuel crises we were constantly being reminded of ways to save gasoline. Among them was proper tire inflation pressures to minimize rolling resistance. Proper inflation pressure also maximizes tread life.

But even if you're not worried about gas mileage, having the right amount of air in your tires can help you be a better and safer driver, according to Bondurant.

As he explains it: "The sidewall flexes when a tire goes around a corner. With higher pressure there's less flex and the car handles better."

The right tire pressure also gives you a better feel of what the car is doing, says this driving pro. "I recommend from 32 to 35 pounds front and rear, and I personally use 35 pounds because I like a firmer ride."

—By Mike Knepper

DRIVING TIPS

continued

three or four seconds, minimum. If not, slow down."

- Pay attention to what's happening down the road as well as just in front of your bumper. "I drive 20 to 25 cars ahead on the freeway," Bondurant explains. "If I see brake lights coming on up there I automatically take my foot off the gas."

Sullivan agrees that you can't just look at what is happening right in front of you. A recent experience he had during

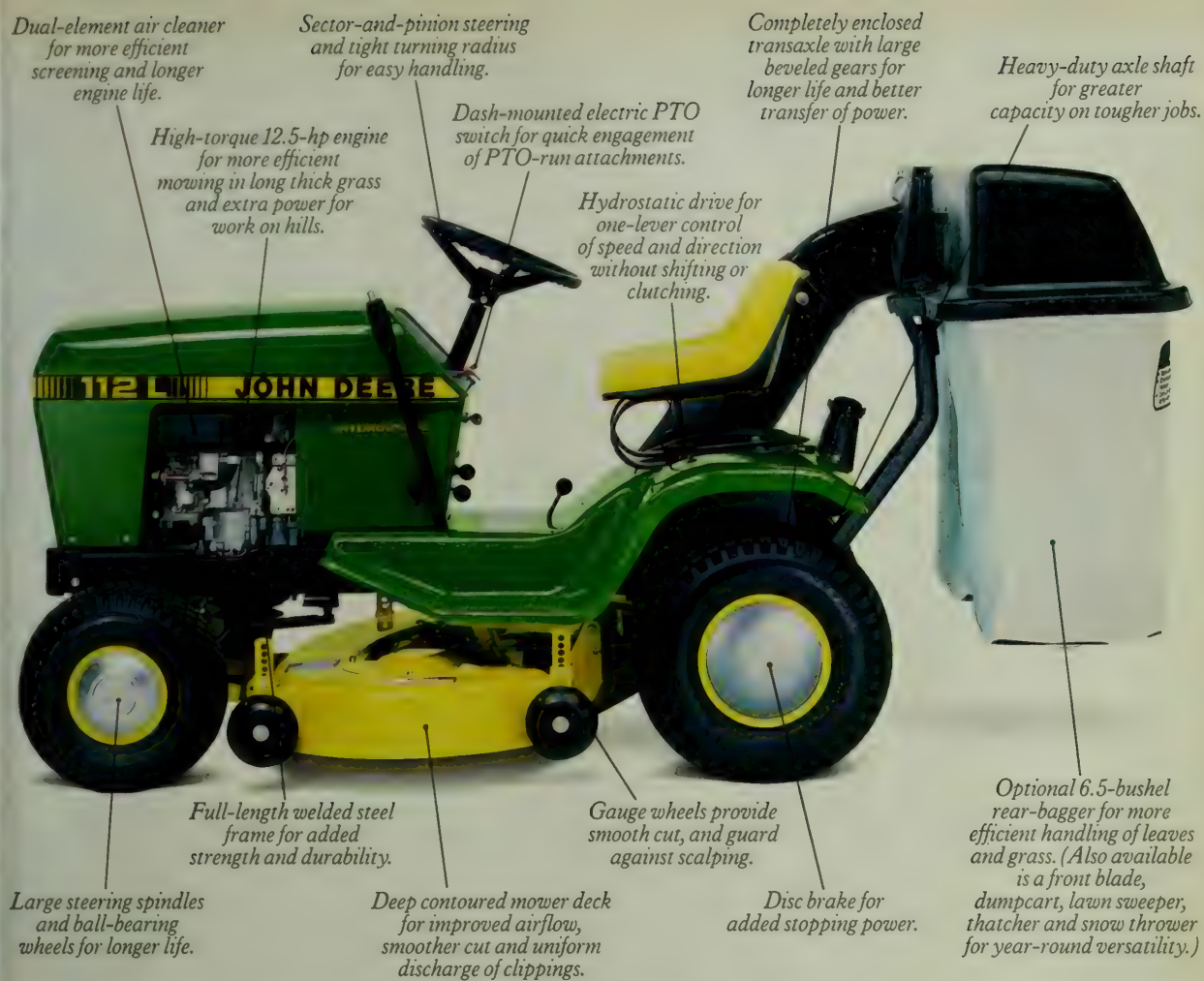
The best advice, according to all three of our driving professionals, is not to let yourself get into a situation where there is something to avoid in the first place. Concentrate on the job at hand—driving—and follow basic defensive driving techniques.

the 1984 Indianapolis 500 proved the point to him:

"I was following a string of cars and paying too much attention to the car right in front of me," Sullivan explains. "If I'd been watching on down the track I would have seen a car beginning to slow dramatically. The guy behind him slowed too, and there was that ripple effect. I was the last guy in line and hit the car in front of me. That really put me out of the race."

- Change lanes carefully. Unsafe lane changing is a com-





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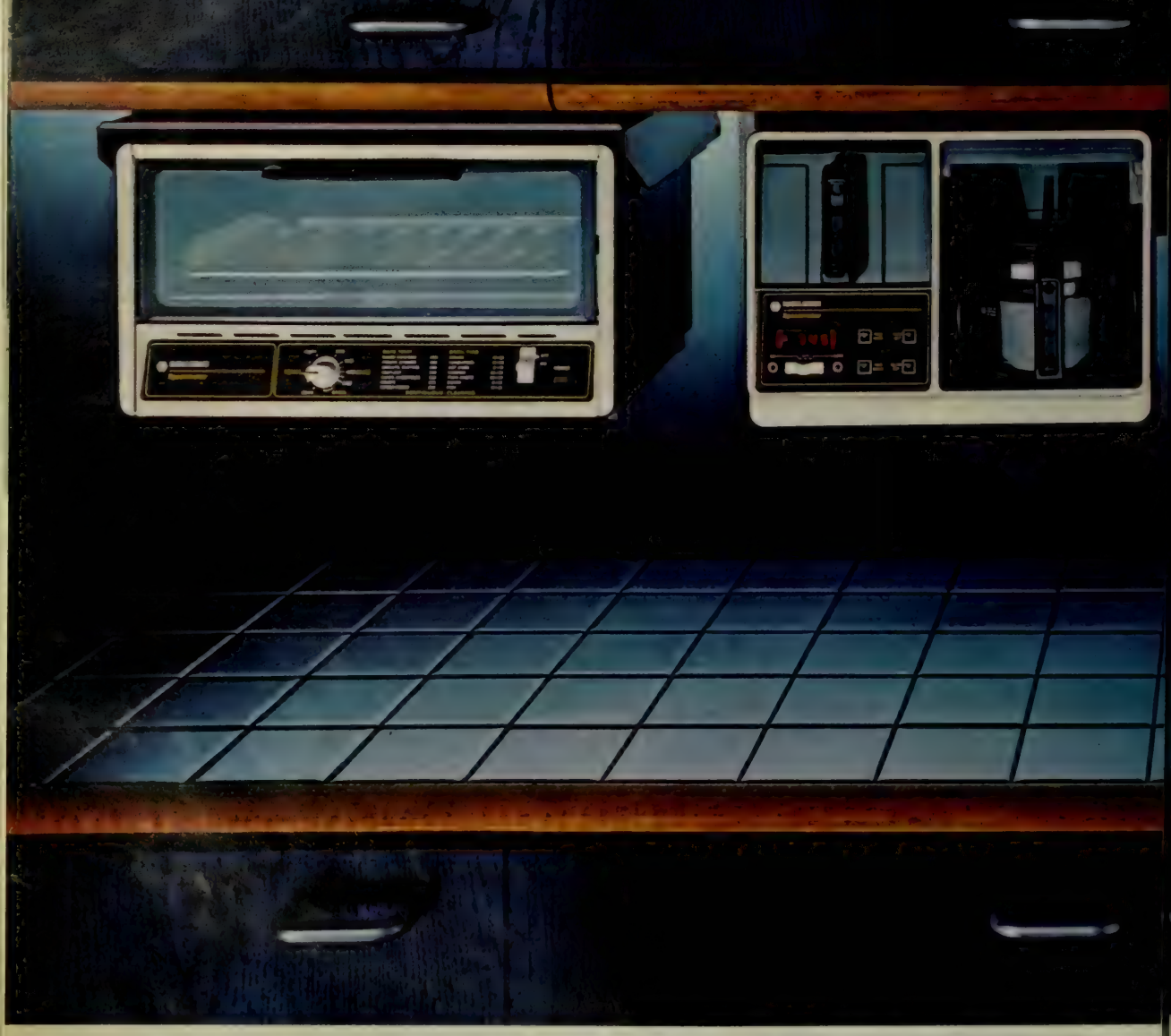
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Which makes Cut-Rite an essential wrap in your kitchen. So what was once a downfall can now be your crowning glory.

Cut-Rite.® Almost as versatile as your microwave.

NEW PRODUCTS

GOOD NEWS

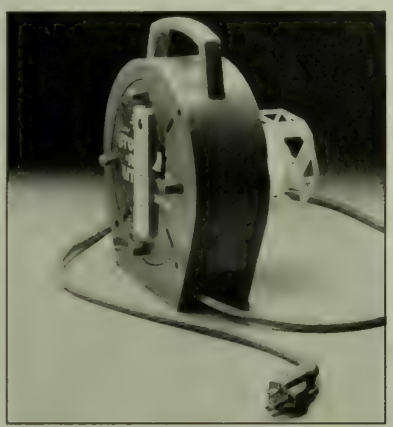
By Steven Coulter and Nancy Hall

Check your favorite stores for these innovative products, or write to the manufacturer for a list of retail sources near you. Please don't send a check to a company, or request an order form. The prices we list are only suggested retail prices and may vary by location.

CORD CADDY

Bring a light, a 25-foot 16-gauge heavy-duty extension cord, and three grounded electrical outlets to a work area in an impact-resistant plastic caddy. Stor-A-Lite features a built-in heavy-duty work light with an independent on/off switch. A monitor light indicates current is on. The cord rewinds to store inside the caddy.

Stor-A-Lite model 48773, about $30. Cable Electric Products, Inc., Dept. BH, P.O. Box 6767, Providence, RI 02940.



COMPUTER SAW

Electronics and microchips have moved into the home workshop. A microprocessor "memory" capacity in the Craftsman 10-inch radial saw enables you to duplicate cuts. The touch-control panel includes a digital display to show blade elevation and angles.

Craftsman 10-inch radial saw, about $700. Sears, Roebuck and Co., Dept. 703-BSC 40–15, Sears Tower, Chicago, IL 60684.



continued

Well dressed asparagus.





Knorr

Dress up a meal with Knorr Sauces.



Tender young asparagus. Gently wrapped in a blanket of Knorr® Hollandaise Sauce. Velvety. Fragrant. A sumptuous dressing that turns vegetables, fish, and eggs into an extravagance of flavors. And it's exquisitely simple to prepare. Discover all ten Knorr Sauces in the gourmet or sauce section of your supermarket.

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Most scouring powders contain harsh, scratchy sand.

Soft Scrub's milder abrasives clean like a scouring powder without scratching like one.

USE ONLY AS DIRECTED

NEW PRODUCTS

continued



MINI PROCESSOR

If you are intimidated by big, fancy food processors that eat up counter space, take a look at Sunbeam's Oskar™ Food Processor. Oskar is designed to do virtually everything the big units do, but there are no buttons to push and no confusing assortment of blades from which to choose. To chop, mince, dice, or blend food, just put the chopping blade in the bowl, add the ingredients, set the bowl atop the unit, and turn the top of the bowl to activate the powerful 500-watt motor. The chopping blade rotates at about twice the speed of normal processors. A side-discharge bowl holds the reversible blade that shreds and slices. With these two bowls and blades you can do everything from mincing a garlic clove to slicing and shredding mounds of cheese.

A juice extractor attachment may be purchased separately (rear) to quickly and efficiently separate fruits and vegetables into nutritious juices that pour out the side spout and usable pulp that collects in the clear plastic bin.

Oskar Food Processor, about $88. Sunbeam Appliance Co., Dept. BH, 2001 S. York Rd., Oak Brook, IL 60521.

CONCENTRATED HEATERS

Aim the heat where you need it with the Coleman Focus™ 5 and Focus 10 propane heaters. These lightweight, compact, portable heaters feature a two-way adjustable reflector. Adjust beam from low (for diffused heat) to high (for projecting concentrated heat up to 20 feet); reflectors also pivot up or down. Take one along on camping trips or other outdoor activities.



A guard protects the stainless-steel burner while a wide base adds stability for more safety.

Focus 5 heater has an adjustable output of 3,500 to 5,000 Btus. The Focus 10 adjusts from 7,500 to 10,000 Btus and may be adapted for use with a bulk propane system.

Both heaters operate on either 14- or 16-ounce disposable propane bottles.

Focus 5, about $37. Focus 10, about $53. Coleman Co., Inc., Dept. BH, 250 N. St. Francis Ave., Wichita, KS 67201.

continued

Know the secret to fresher tasting salad dressings?

The freshest salad dressings start with the freshest mayonnaise... Best Foods.® So make some tonight. They're so fresh. They're so delicious. Everyone will want to know your secret. Best Foods.

DIRECTIONS: Just blend ingredients together, cover and chill. Each recipe makes 1 to 1½ cups of dressing.

Le French

- 1 cup BEST FOODS® Real Mayonnaise
- 3 Tbsp lemon juice
- 2 Tbsp chopped parsley
- 1 Tbsp paprika
- 1 Tbsp milk
- 2 tsp sugar
- 1/2 tsp dried tarragon leaves
- 1/2 tsp dry mustard

Creamy Cucumber

- 1 1/2 cups peeled, seeded, chopped cucumber
- 1 cup BEST FOODS® Real Mayonnaise
- 1 Tbsp milk
- 1 Tbsp lemon juice
- 2 Tbsp frozen chopped chives

Pleasin' Parmesan

- 1 cup BEST FOODS® Real Mayonnaise
- 1/3 cup grated Parmesan cheese
- 1/4 cup chopped parsley
- 1/4 cup milk
- 2 Tbsp lemon juice
- 1 tsp dried basil leaves
- 1 tsp dried marjoram leaves

Tangy Italian

- 1 cup BEST FOODS® Real Mayonnaise
- 3 Tbsp milk
- 2 Tbsp cider vinegar
- 1 clove garlic, pressed
- 1/2 tsp dried oregano leaves
- 1/2 tsp sugar

(pictured)



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Back then, a woman always got equal pay for equal work.
VIRGINIA SLIMS
VIRGINIA SLIMS Lights
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You've come a long way, baby.
Fashions: Enrico Curbelo & Dorothy Lyons
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Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.
8 mg "tar," 0.6 mg nicotine av. per cigarette, FTC Report Mar.'84.

Old English® Oil helps protect your paneling from drying and cracking

. . . while leaving a rich natural glow.

Hot summer sun and dry winter heat can cause your wood paneling to dry out and crack. It happens so slowly you're probably not even aware of it. Old English Oil is made from a special natural moisturizing oil that penetrates into open grained wood to help prevent drying and cracking. It helps maintain the natural beauty of wood and brings out its highlights. Old English Oil contains no wax and leaves a warm, rich, natural glow. It's perfect for all types of wood including natural finishes and all open grained wood. And, surprisingly, Old English Oil is easy to use.

Use it regularly to help protect and preserve the natural beauty of all the wood in your home.



Without Old English Oil

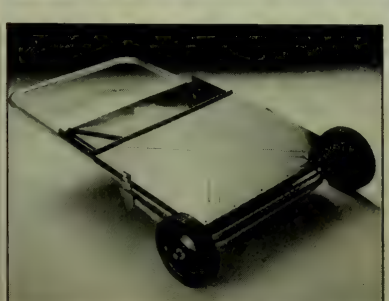
With Old English Oil

If it's made of wood . . . it needs Old English Oil.

NEW PRODUCTS

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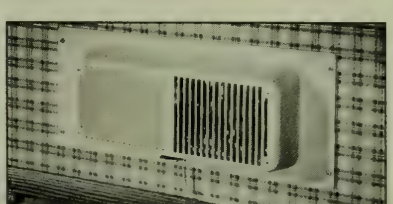




FOLDING WHEELBARROW

Store it in a closet or hang it from a garage wall or ceiling. Designed for light hauling jobs, KAI Folding Wheelbarrow is made of heavy-gauge steel and collapses to an 8-inch width.

Folding Wheelbarrow, about $40. Kupanoff & Associates, Inc., Dept. BH, 7975 N. Hayden Rd., Scottsdale, AZ 85258.



REGISTER FAN

Increase heat or air conditioning in a room without adjusting the thermostat with Con-Serve Register Booster Fan. Install the fan in an existing register with a forced-air furnace. Plug the fan into an electrical outlet, and a built-in heat sensor turns the unit on when the furnace turns on. In summer, the fan can draw central air conditioning into an area that needs a boost.

Register Booster Fan, about $44. Con-Serv, Inc., Dept. BH, 1900 Section Rd., Cincinnati, OH 45237.



EASY MEASURE

Here's an ironing board cover that lets you measure as you press. The heat-resistant Easy Way to Measure and Press Ironing Board Cover has standard and metric measurements printed across its width and length. Fits standard 54-inch ironing boards.

Easy Way Ironing Board Cover, about $13. MIL Co., Dept BH, Suite 366, 6171 Mission Gorge Rd. M, San Diego, CA 92120.

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And it's easy to use. Even easier to clean.

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DECORATING

ANTIQUES AND COLLECTIBLES



American Wicker Furniture

Once left to the porch or garden, wicker furniture has moved indoors. Light, simple, but surprisingly sturdy, wicker chairs, tables, settees, and plant stands are livening up the living rooms and parlors of a growing number of enthusiastic collectors.

Wicker furniture is actually made from several different materials, including rattan, willow, palm leaves, and even rolled paper. The common trait is that the materials can be woven either by machine or by hand over a hardwood or bamboo frame, steamed and bent to the desired shape.

A LOOK TELLS THE STORY

Even novice collectors can tell a lot about wicker by its appearance and construction. The early so-called Cape Cod wicker, for example, is tightly woven, while the Bar Harbor wicker, made after 1900, is looser in construction.

Pieces from the 19th century are more ornate, with lots of curlicues and swirling forms such as fans, flowers, and medallions woven into the body. The plainer, boxier 20th-century wicker often is covered with one or more coats of green, white, or brown paint.

continued

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Blue Diamond® Almonds

Unsalted or salted...it's your move.

Now there are two Dry Roasted Blue Diamond® Almonds—a natural unsalted kind and another with hickory smoke flavor. Try them!



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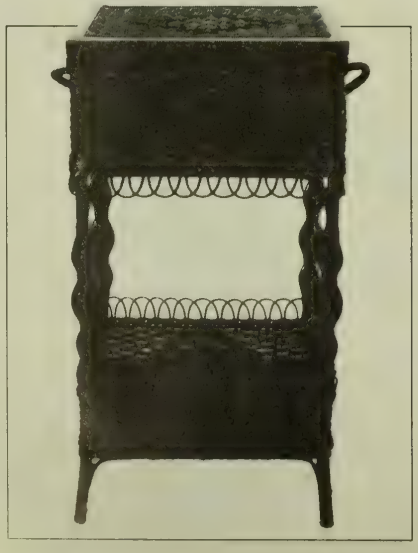
AMERICAN WICKER FURNITURE

continued

Color can be deceiving, however, since many earlier pieces also were painted at a later date for protection.

Drive along the quiet streets of almost any town in America and you probably will find wicker furniture warming up a few front porches. Because they're so plentiful, old wicker tables, chairs, rockers and settees are as likely to turn up at yard and house sales as they are at antiques shops and auction galleries.

Although the [illegible]rch-variety wicker furniture is most [illegible]mmon, there also are plenty of not-so-typical forms to keep wicker lovers on the lookout. Cradles, carriages, plant stands, and stools make fun accents and are fairly easy to find. But, because wicker furniture was seldom meant to be used indoors, such basic simple household pieces as beds, chests, and desks are extremely rare.



Rarity and condition determine the value of wicker pieces. Plentiful plant stands and chairs vary from $40 to $150; tables, from $75 to $200. For a hard-to-find desk, expect to spend $350 to $600, depending on the quality. ■

—With William Ketchum, Jr.

Photographs: Chun Y. Lai/ESTO

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Bake, broil or braise. It's thick, quick, and simply terrific.



Tantalizing Teriyaki flavor with just the stroke of a brush. Simply terrific on chicken, fish, chops, spareribs — even hamburger. Also delicious as an ingredient in this meatloaf.

TERIYAKI MEATLOAF

Mix 2 lbs. ground beef; ¼ cup each chopped onion and celery; 4 slices bread, cubed; 2 eggs; 1 Tbsp. chili powder and 2/3 cup Kikkoman Teriyaki Baste & Glaze. Press into 9 x 5-inch loaf pan; bake at 350°F 1 hour. Baste top of loaf with 2 Tbsp. more Baste & Glaze; bake 15 minutes longer. Makes 6 servings.

KIKKOMAN Teriyaki Baste & Glaze

A better Cheddar from our shredder.

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nd delightfully
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onsin's dairy-
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es.



Sargento
The persnickety cheese people from Plymouth, Wisconsin.

Getting organized

This modest den (*bottom left*), only 10×12 feet, was short on storage, long on wall space. When the owner, an interior designer, found herself walking the fine line between chaos and comfortable clutter, she went to work. For added space, there was nowhere to go but up. So, she carefully measured the height and depth of nearly everything she needed to stash. Then, the measurements were translated into specially designed vertical bookcases that would form the backbone of the reorganization.

Everything in its place

Literally, every inch of space in this compact corner den is accounted for. Built almost floor-to-ceiling, the bookcase tops are reserved for a prized basket collection; adjustable shelves vary in height to fit books, paperbacks, records, magazines, or whatever. To conserve precious floor space, the 8-inch-deep bookcases wrap around the corner, then leave just enough space for insetting the overstuffed club chairs and shared ottoman.

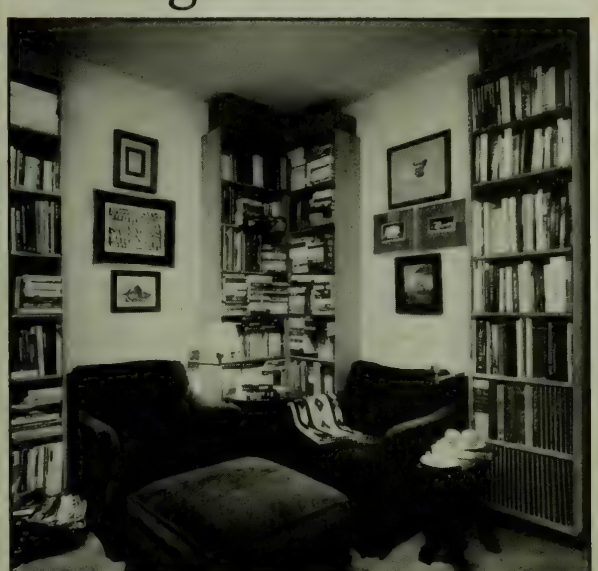
Well-used walls

The remaining vertical wall space, framed by the bookcases, offers a gallerylike expanse where small-scale art groupings can enjoy perfect symmetry. A wall-mounted lamp and scaled-down tables are all that's needed to round out the picture and create a corner you'd love to curl up in.

Photograph: Rick Taylor. Design: Selene Morgan. Field editor: Ruth Reiter

DECORATING

High-Rise Den



One well-planned corner can deliver all the comforts of a study, library, and gallery. Seem impossible? Not if you have a snip of space, a good measuring tape, and some upward motivation.

Grate, slice or shred. Get some recipes & save some bread.

To get a dozen cheese recipes especially prepared for Sargento by twelve top restaurant chefs . . . PLUS a 25¢ coupon good on any Sargento product, send this certificate plus one dollar ($1.00) to: **Sargento Cheese Chefs' Recipes** B45
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Coverups to Make A Window Wall Work

Making the most of your windows pays off in good looks and more usable space. These handsome and uncommon treatments deliver more than just window dressing. Besides enhancing the restful mood of the multipurpose rooms, movable, floor-to-ceiling wood panels enlarge the appearance of the windows. Even better, they transform sometimes troublesome window walls into usable and attractive backdrops for furniture. Here's a closeup look at how they work.

Two-track panels

This grid-panel window treatment in the Oriental tradition (*right*) actually is made up of two components. The custom-made, decorative grid panels slide on one track; light-blocking fabric panels (flush with the wall) move on a separate track behind.

Stretching floor-to-ceiling, the sliding panels "enlarge" the window and balance the height of the nearby bookcases. By painting the space above the window in wood tones to match the panels, the illusion is further heightened. Tucked behind the tufted leather daybeds, the grids filter sunlight into the room, while providing a wall-like backdrop for easy furniture placement.

Floor-length shutters

A series of long cedar panels, hung shutter-fashion, rescales a rather ordinary metal window. Without the help of the raised-panel shutters, the window would be dwarfed by the massive desk that dominates one end of this office-guest room (*right*).

The wall-length bookshelf represents a clever solution to a technical problem. Not quite ceiling height, the oversize shutters needed a crowning touch. The wall-length bookshelf is the practical answer, lending a librarylike feeling plus useful storage. A 1×6-inch cedar molding supports the shelf and disguises the track along which the panels, joined by large piano hinges, easily slide.

Photograph: Top, Jessie Walker
Design: Robert Kleinschmidt
Bottom, Craig Buchanan
Design: Silvia Davidson
Field editor: Helen Heitkamp



Sliding grid panels add wall space, while balancing the window with the bookcases.



A wall of shutters helps this small window accommodate the oversize desk.

Now dip into three *new* Granola Dipps.™



Now you can dip, dip, dip into three new chewy wholesome granola bars dipped in real milk chocolate.

30¢ OFF any new flavor of Granola Dipps bars.™



7230 MO5

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Streamlined for Action

Active youngsters need action-proof spaces for working, playing, or just burning up energy. Even a small bedroom can afford plenty of rough-and-tumble space. Compact furniture, lots of storage, and a simple room arrangement do the job.

Cozy corner

This streamlined bedroom offers everything a little heart desires. The sturdy chest, ladder, and bunk beds (*above*) provide seating, storage, and enough sleeping space for big brother or an overnight guest. Instead of the usual stacking arrangement, the bunk beds are fit perpendicular into the corner. This unusual placement pays off in several ways. Placing the freestanding dresser at the foot of the upper berth uses potentially wasted space. The L-shape also creates a covered niche for resting, reading, or sharing whispered secrets. Best of all, this compact setup leaves plenty of floor space for active and imaginative play.

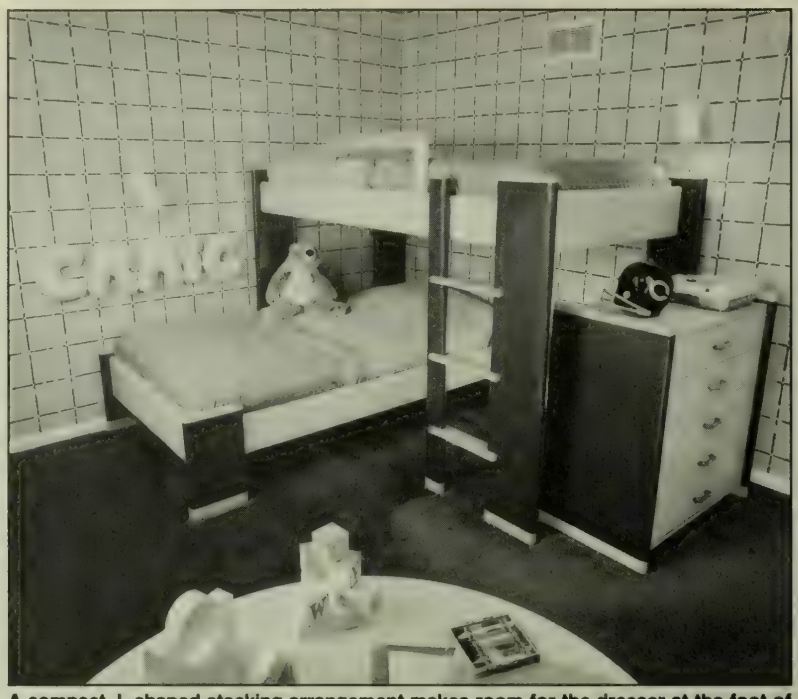
Seating and storage

The all-in-one, no-fuss work station (*below*) is another space-saving child-pleaser. Low, rugged stools attach directly to the base of the laminated plastic table. The one-piece unit with stationary seating and a solid work surface make worrisome, accidental tips and tumbles nearly impossible. Spacious, well-organized storage completes the bedroom ensemble. Behind the sliding louvered doors are concealed double-hung clothes poles on one side and neatly divided toy cubbies on the other.

Ageless look

The easy-care laminate finish makes this furniture delightfully kidproof, yet its clean, contemporary styling is far from juvenile. Accented with a brightly checked wallcovering and tender treasures, the room seems perfect for preschool play. But, simply by changing the background and accessories, the same furniture will take on a whole new look, suitable for sophisticates from four to 14.

Photograph: Jessie Walker
Design: Judy Weiss



A compact, L-shaped stacking arrangement makes room for the dresser at the foot of the bed, leaving plenty of open floor space.



Space for sliding chairs in and out is reclaimed with this tumble-proof, one-piece seating unit, set close to storage closets.

Olds Cruisers.

They handle cargo like a wagon. And people like an Oldsmobile.

When it comes to muscling cargo, the Olds Cruisers can handle the job with the best of them. But what makes these wagons so special is the way they handle people.

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But even better, it offers the special kind of luxury you expect from an Oldsmobile. Handsome interior appointments. Available seating for *eight*. And thoughtful conveniences, like the hinged rear window that flips open for easy access to the cargo bay.

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A new Oldsmobile Cruiser.



There is a special feel in an Oldsmobile

et's get it together...buckle up.

How to Use a Pasta Maker

If you've joined the ranks of homemade pasta enthusiasts, you've probably seen a variety of pasta makers on the market. These shiny machines simplify the task of rolling out and cutting elastic pasta dough. And their attachments produce different pasta shapes. The step-by-step instructions below will help you become a master pasta maker in no time. Since the machines differ depending on the brand, check the manufacturer's directions of your model for available attachments and assembly.



Step 1



Step 2

Step 1: After the pasta dough is prepared, the first step is to flatten the dough with the machine's smooth rollers. For each 1 to 1¼ pounds of dough, divide the dough into fourths. Pass each dough portion through the machine at the widest roller opening. Repeat at the same setting to smooth the dough, if necessary. If the dough becomes sticky, dust it with flour.

Step 2: Set the pasta machine at the next narrower roller opening and pass the dough through the machine. Repeat at the same setting till the pasta dough is rolled smooth. If the dough tears, fold it over and reroll it. If the dough looks stretched, fold it over and set your pasta machine back to a wider opening. Continue resetting the machine at narrower openings and rolling the pasta dough till it is about $\frac{1}{16}$ inch thick.

Step 3: After rolling the dough, let it stand five minutes to dry the surface. If you have interchangeable shaping attachments, use your pasta machine to cut the rolled dough into the desired pasta shape.

Or, use a sharp knife to cut the rolled dough into the pasta shape you want. Some stuffed pasta shapes you can form include ravioli, cappelletti, tortellini, cannelloni, and manicotti. (To prevent overdrying, keep the dough covered with a towel till it's ready to shape.)

To cut the rolled dough with a pasta machine, pass the dough through the desired cutting blade. Using a sharp knife, cut the pasta into desired lengths. At right are three pasta blade options: *(top to bottom)* fine noodles, lasagna, and wide noodles.

Other pasta machine attachments you may find are for narrow lasagna, thin spaghetti, regular spaghetti, and ravioli. Dry the cut pasta according to recipe directions.

Step 4: To clean your pasta machine, use a pastry brush to remove any flour remaining on the rollers or attachments. Do not wash your machine with soap or water.

Storing pasta: After your cut pasta has dried, wrap it in clear plastic wrap or foil. Or, place the dried pasta in a covered airtight container. Store the covered pasta in a dry place till you're ready to use it.

For freezer storage, let the cut pasta dry at room temperature for at least 1 hour. Wrap it in moisture- and vaporproof wrap. Seal, label, and freeze the homemade pasta for up to 8 months.

For stuffed pasta, such as ravioli and tortellini, fill and shape the pasta as desired. Dust the stuffed pasta lightly with all-purpose flour and let it dry for at least 1 hour. Stuffed pasta can be stored in the refrigerator in a tightly covered container for up to 3 days. Or, wrap the stuffed pasta in moisture- and vaporproof wrap. Seal, label, and freeze your homemade stuffed pasta up to 8 months.







Photographs: Mike Dieter

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Bond Terms You Should Know

When you buy a bond, you're lending money to the issuer, who promises to repay the total amount borrowed at a specific time, called the "maturity date." In return for your loan, you'll receive fixed interest payments—usually twice a year—until the bond matures or you sell it. Consult a broker about matching specific bonds to your objectives.

Basic considerations

Bond issuers include corporations, the U.S. government, state and local governments or their agencies, Federal agencies, and foreign governments. Bonds generally come in denominations of $1,000, but that's not necessarily what you'll pay in the open market. A bond that's offering 7 percent at a time when current new issues offer 10 won't be much in demand, for example, so the price is likely to be discounted from the original face value. Whatever you pay in the market, you'll get the full face value once the bond matures.

Bonds are rated according to the likelihood of default. Unless you're up for fairly heavy risk, stick to ratings in the AA-or-above category. Also consider bond mutual funds; many allow you to invest for less than $1,000, at least after your initial purchase.

Some common choices

Municipal bond (tax-exempt). Issued by local or state governments or agencies for a variety of purposes. Unlike corporate bonds, municipal face values generally begin at $5,000. No federal taxes are due on the income, and some (triple-tax-exempts) escape state and local taxes as well—provided you're a resident of the issuing area.

General obligation bond. A municipal with payment of interest and principal secured by the full credit and taxing power of the issuing body.

Revenue bond. A municipal with which the security of payment depends on tolls, rentals, and other nontax income from turnpikes, airports, and other projects financed by the issue.

Zero coupon bond. A bond paying no interest until it matures. A zero is sold at a deeply discounted price, to which the interest is added and compounded until maturity. It is then redeemed for the face amount. Unless you hold zeros in a tax shelter like an IRA, you'll owe taxes on the interest.

Registered bond. Ownership is recorded on the books of the issuing agent and can be transferred only by endorsement of the owner. Most bonds recently issued are in registered form.

Bearer bond. The holder of the bond—the bearer—is considered the owner because the issuer keeps no record. Bearer bonds are thus easily transferable from seller to buyer.



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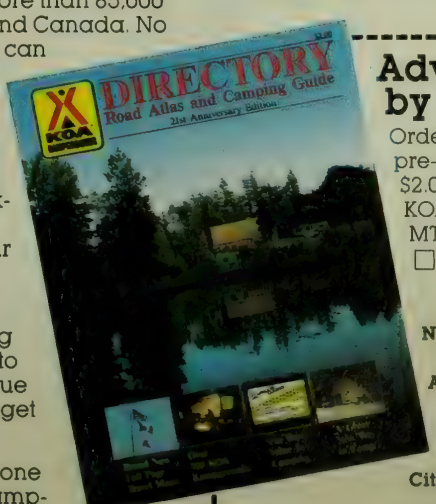
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DECORATING

Antique Charm for Baths

Whether you're updating an existing bathroom or starting anew, you can wrap modern convenience in an aura of old-fashioned charm.

A gentle touch of yesterday, found in a graceful pedestal sink or elegant footed tub, conveys the quiet comfort that elevates a mere bathroom to a luxurious personal retreat. Best of all, these nostalgic rooms have an enduring simplicity that never seems to grow tired or out of style.

ACCENTUATING THE POSITIVE

It took only a few easy decorating tricks to resurrect the character of this quaint, but aging bath (*below*). Years of wear disappear behind a hand-painted faux marble finish, applied to both the tub base and the not-so-charming linoleum floor. A ruffled sink skirt of flowered chintz reinforces the vintage look, while concealing unsightly plumbing.



An artful blend of furniture and fabric lends a comfortable, sitting-room air. To heighten the mood, a sentimental mini-print wall covering dresses up the bath, while also smoothing over tell-tale signs of aging plaster. Repeated in upholstery and window valance, the flowered chintz fabric ties together colors and patterns. A floral area rug, grown old gracefully, a smattering of antiques, and wispy lace curtains complete the transformation from time-worn to timeless.



RE-CREATING A NOSTALGIC LOOK

The claw-foot tub, brass shower frame, and pedestal sink in this brand-new bathroom (*above*) are recycled originals; the reproduction wall cabinet and custom-made stained-glass panel only imitate antiques. Hand-painted tile, a pine floor, and country accents breathe Victorian charm into this gently modernized bath.

Photograph, top: Maris/Semel. Design: John Robert Moore. Field editor: Bonnie Maharam
Photograph, bottom: Stephen Fridge. Design: Marin Designers' Showcase. Field editor: Helen Hollkamp

WHY YOUR NEXT HOUSE SHOULD BE PASSIVE SOLAR.



Passive solar homes are setting new standards for livability, comfort, aesthetic appeal and energy efficiency.

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Easy-to-Make Flower Garnishes

Great-looking garnishes like these put a professional finish on your party-special platters. Each is a floral flourish that takes its cue from nature's own beauties. Use any of our easy-to-make and fun-to-eat flowers to dress up cold meat platters, cheese trays, arranged vegetable or fruit salads, molded gelatin salads, pâtés, terrines, and mousses.



Cucumber Lilies

Using a vegetable peeler, peel a *medium cucumber;* set peel aside. Cut a thin, lengthwise strip of cucumber. Cut the cucumber strip into 3½-inch pieces; roll one piece into a cone to resemble a lily. Press edges together. Position lily, seam side down. Trim bottom corner, if necessary, so lily lies flat. Cut a thin strip from the cucumber peel; place inside the lily to form a flower stamen and stem. Repeat to make several lilies. Cover with a damp paper towel and refrigerate till needed. Arrange lilies in cluster to garnish hot or cold foods.



Carrot Flowers (*below left*)

To make flower leaves, cut off the blossom end of a small fresh *Chinese pea pod;* carefully split pod apart, leaving the pod intact at stem end. Carefully remove and discard peas. Immerse pea pod in ice water.

Using a vegetable peeler, cut off 10 to 12 paper-thin bias slices from a *medium carrot.* Place carrot slices in ice water to curl. Drain the pea pod and carrot slices.

Shape 1 teaspoon *cream cheese* into a 1-inch ball. Insert carrot slices into cheese ball; place cheese ball at open end of pea pod. Cover with a damp paper towel and refrigerate till needed. Arrange along border of serving tray or platter to garnish.



Grape Blossoms

With a paring knife, lightly score three or five large *red grapes* into wedges. Pull skin halfway down the grape; place grapes in ice water to keep fresh.

For a leaf, using a sharp knife, remove a large strip of peel from a *cucumber.* Cut the cucumber peel into a leaf shape. Score cucumber leaf with the knife to create veins. Arrange a cluster of Grape Blossoms on the cucumber leaf. Cover Grape Blossoms with a damp paper towel and refrigerate till needed for garnish.

Apple Rose (*above right*)

Core a *medium red* or *green apple;* halve lengthwise. Place apple, cut side down on cutting board; cut into thin slices. Brush apple slices with *lemon juice.* Place slices in *lightly salted water* for several minutes to wilt. With skin edge up, tightly coil one apple slice; wrap 8 to 10 more apple slices around the first apple slice, overlapping slices to resemble a rose. Cover Apple Rose with a damp paper towel or clear plastic wrap and refrigerate till needed. Arrange the Apple Rose on a bed of *fresh spinach leaves, fresh mint sprigs,* or *watercress* to garnish.





Cheese Daisies

Using ½ to 1 teaspoon of each, shape several desired flavors of *soft-style cream cheese* into balls. Roll the cheese balls in *all-purpose flour;* shake off excess flour. Press each cheese ball lightly into a rubber, plastic, or metal miniature flower-shaped mold. Cover and chill cheese till firm.

Carefully unmold the cheese onto waxed paper. Cover molded cheese with clear plastic wrap and refrigerate till needed. Arrange assorted colored flowers on *parsley sprigs, watercress leaves,* or *mint leaves* to garnish cold platters.

Photographs: Scott Little

Now you can help take the cold-weather gamble out of early Spring planting

New DuPont Lawn and Garden Blanket holds in warmth, promotes faster, healthier growth

Now you can get a head start on Spring planting with new DuPont Lawn and Garden Blanket. By holding in warmth, the blanket minimizes damage to transplants and seeds caused by light frost. It promotes faster germination and growth of fruits and vegetables and newly seeded lawns. And because the blanket lets sunlight, water and plant-care liquids pass through, plants are more vigorous.

The blanket is light, easy to put down and can be cut with scissors or knife. Once down, you don't have to remove the blanket until Spring weather is reliable. You also get protection against bird, insect and animal damage.

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Tough-Stuff Wood Floors



A natural wood floor that's tough enough to resist scratches from toys, pets, furniture, and heavy traffic may sound too good to be true. But that's what acrylic-impregnated wood flooring offers. Originally designed for commercial use, it costs about twice as much as regular wood floors. The added expense, however, can be worthwhile when you need extra durability and ease of maintenance.

The product is made by impregnating woods like oak, maple, cherry, and ash with colored or clear acrylic. Forcing the acrylic through the whole thickness of the wood eliminates the need for stain or varnish. It also makes the floor extremely wear-resistant and locks in consistent color. Small scratches, when they do occur, are almost invisible and larger ones can be lightly sanded and retouched with a special conditioner.

Most stores offer three flooring styles: plank, strip, and parquet. Usually the flooring is installed professionally, but do-it-yourselfers with some basic carpentry skills can install it over a good subfloor. Caring for such a wood floor is easy. Day-to-day care involves simple damp mopping, and an occasional buffing retains the shine.

Samples courtesy Permagrain Products

Photograph: George Ceolla

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Stylish Storage for Home Computers



Today's lovers of traditional elegance can live as comfortably with a home computer as they can with a wing chair. New choices in dual-function furniture make meshing modern technology and classic styling surprisingly easy. Here's just one smashing example of a happy marriage of old and new.

FORMAL FACADE

The handsome armoire standing center stage in this traditional study wears two faces. With the double doors closed (*upper corner*), the tall, burled-walnut cabinet seems right at home in classic company. The Queen Anne wing chair, ornamental moldings, and tailored Roman shade enhance the look of casual restraint.

STATELY STORAGE

Wide open into the 20th century, the dual-function computer storage cabinet (by Hekman Furniture) reveals its flashier face. Door-hung shelves support an electronic printer and compact work surfaces. Inside, adjustable pullout shelves allow plenty of clearance for disk drives, keyboard, and monitor.

Pulled up to the computerized work station, a specially designed back-saving Balans chair blends high-tech efficiency with all the comfort of home sweet home.

Photographs: Ernest Braun
Design: Joyce Cook, Alyce Koch
Location: Hillsborough Decorators' Show House
Field editor: Barbara Cathcart

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And New Dark Roast tastes hearty and robust.



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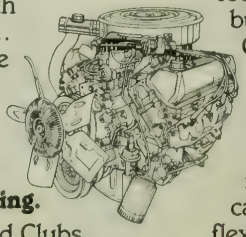
Ford Club Wagons out-power, out-tow, out-room any other wagons. And for '85, they give you peak performance in your choice of high-output engines—both gas and diesel.

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Ford Club Wagons give you the true luxury of spacious design. No other wagons, big or small, provide so much usable space—for people and/or cargo. You can seat up to 12 in roomy comfort (15 in Super Wagon).

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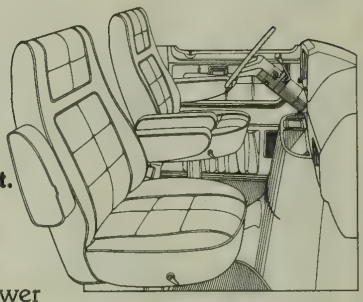
Tops for towing.

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Ford's out-front design gives you extra room plus easy walk-through to the rear. Power steering is standard. Options include speed control/tilt wheel...and new power door locks/windows.

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FORD CLUB WAGON

AMERICA'S TRUCK BUILT FORD TOUGH


Get it together. Buckle up.

Big, Comfortable Cushions to Crochet



Photograph: Mike Dieter. Design: Gail Kinkead

With a little practice, even a novice can crochet these inviting cushions. The classic pattern is great for beginners and the large pearl cotton thread makes the cushions quick, easy, and durable. Stitch just one for your favorite chair or set a row of pastel cushions along a sunny window seat.

HOW-TO INSTRUCTIONS BEGIN ON PAGE Z8

Win $10,000 in ten minutes



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Spend a few minutes creating a "TRISCUIT 10's" Recipe today. You may have $10,000 to spend tomorrow.

Here's an example of a "TRISCUIT 10's" Recipe

TRISCUIT Chili Nacho

Spoon chili onto TRISCUIT® Wafers. Sprinkle with cheese and diced green chilies. Bake in 375°F preheated oven for 5 to 7 minutes or until cheese melts.



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continued

SPIDERWEB PILLOW TOP

Size: Finished pillow top measures 18 in. square after blocking.

Materials: DMC No. 3 Pearl Cotton (147-yd. balls), 3 balls of one color for each pillow top; size 3 steel crochet hook.

Gauge: 6 trc equals 1 in.; 2 rows equals 1 in.

Instructions: Ch 8, join with sl st to form ring.

Rnd 1: Ch 4, 3 trc in ring, (ch 5, 4 trc in ring) 3 times, ch 3, dc in top of ch-4. (Note: When working following rows, beginning ch-4 of previous row will be considered a trc.)

Rnds 2–4: Ch 4, 2 trc over dc, * trc over each trc, (3 trc, ch 5, 3 trc) in next space for corner. Repeat from * around, ending with 3 trc in last corner space, ch 3, dc in top of beg ch-4. (Note: From now on the last corner on each rnd will be finished this way.)

Rnd 5: Ch 4, 2 trc over dc, * trc in first trc, ch 10, skip 7 trc, sc in each of next 6 trc, ch 10, skip 7 trc, trc in last trc, make (3 trc, ch 5, 3 trc) in corner. Repeat from * around.

Rnd 6: Ch 4, 2 trc over dc, * trc in first trc, ch 15, skip 2 sts, trc in last trc of same group, 3 trc over lp, ch 9, skip first sc, make sc in 4 center sc, ch 9, 3 trc over lp, trc in first trc, ch 15, skip 2 sts, trc in last trc, make (3 trc, ch 5, 3 trc) in corner. Repeat from * around.

Rnd 7: Ch 4, 2 trc over dc, * trc in first trc, ch 7, 2 sc over lp, ch 7, trc in 4th trc of next group, 3 trc over lp, ch 10, sc in each of 2 center sc, ch 10, 3 trc over lp, trc in first trc, ch 7, 2 sc over lp, ch 7, trc in 4th trc of next group, make (3 trc, ch 5, 3 trc) in corner. Repeat from * around.

Rnd 8: Ch 4, 2 trc over dc, * trc in first trc, ch 8, sc over lp, sc in each of 2 sc, sc over next lp, ch 8, trc in 4th trc of next group, 3 trc over lp, ch 2, 3 trc over next lp, trc in first trc, ch 8, sc over lp, sc in each of 2 sc, sc over next lp, ch 8, trc in 4th trc of next group, make (3 trc, ch 5, 3 trc) in corner space. Repeat from * around.

Rnd 9: Ch 4, 2 trc over dc, * trc in first trc, ch 10, sc over lp, sc in each of 4 sc, sc over lp, ch 10, trc in 4th trc of next group. Make 2 trc in space and repeat from * across side, with (3 trc, ch 5, 3 trc) in corner. Work other sides to correspond.

Rnds 10–13: Same as rnds 6–9, having more repeats for additional spiderwebs.

Rnd 14: Ch 4, 2 trc over dc, * trc in each of 4 trc, 3 trc over lp, ch 9, skip first sc, make sc in 4 center sc, ch 9, 3 trc over lp. Repeat from * twice more, trc in last 4 trc and make (3 trc, ch 5, 3 trc) in corner. Work other sides same way.

Rnd 15: Ch 4, 2 trc over dc, * trc in each of 10 trc, 3 trc over lp, ch 10, sc in each of 2 center sc, ch 10, 3 trc over lp. Repeat from * twice more, trc in last 10 trc and make (3 trc, ch 5, 3 trc) in corner. Work other sides same way.

Rnd 16: Ch 4, 2 trc over dc, * trc in 16 trc, 3 trc over lp, ch 2, 3 trc over next lp. Repeat from * twice more, trc in 16 trc and make (3 trc, ch 5, 3 trc) in corner. Work other sides same way.

Rnd 17: Ch 4, 2 trc over dc, trc in first trc. * Ch 2, skip 2 trc, trc in next 4 sts. Repeat from * across side, make trc in last trc and (3 trc, ch 5, 3 trc) in corner. Work other sides same way. (Note: Some crocheters may need to use ch-3 instead of ch-2 spaces on this row to keep work from being too tight.)

Rnd 18: Ch 4, 2 trc over dc. Make trc in each trc around with 2 trc over each space and (3 trc, ch 5, 3 trc) in corners. Fasten off.

Blocking instructions: Draw an 18-in. square on heavy cardboard. Dampen cushion front and pin facedown on board, carefully stretching block out to required size. Steam-press with warm iron; leave flat until completely dry.

Cushion assembly: Select a durable fabric that coordinates with the crocheted cushion top, such as a polished cotton in a contrasting color. Cut two 20×20-in. pieces from fabric; cut bias strips of fabric to cover cording.

With needle and thread to match the color of the crochet thread, center and tack the crocheted top to the right side of one fabric square.

Stitch cording to cushion top about ¼ in. from the edge of the crochet.

With right sides facing, sew the cushion front to the back, leaving an opening along one side for stuffing.

Clip the corners; turn the cover right side out. Stuff with polyester fiberfill, or insert a purchased pillow form. Whipstitch opening closed.

Buying information: Pearl cotton crochet thread—DMC, 107 Trumbull St., Elizabeth, NJ 07206

FOOD

Serve Shark!



Put extra intrigue in a company's-coming meal with shark. The increasing abundance of this tender white-fleshed fish coupled with its versatility make it an ideal entrée. At mealtime, you'll particularly enjoy the fact that shark is bone-free.

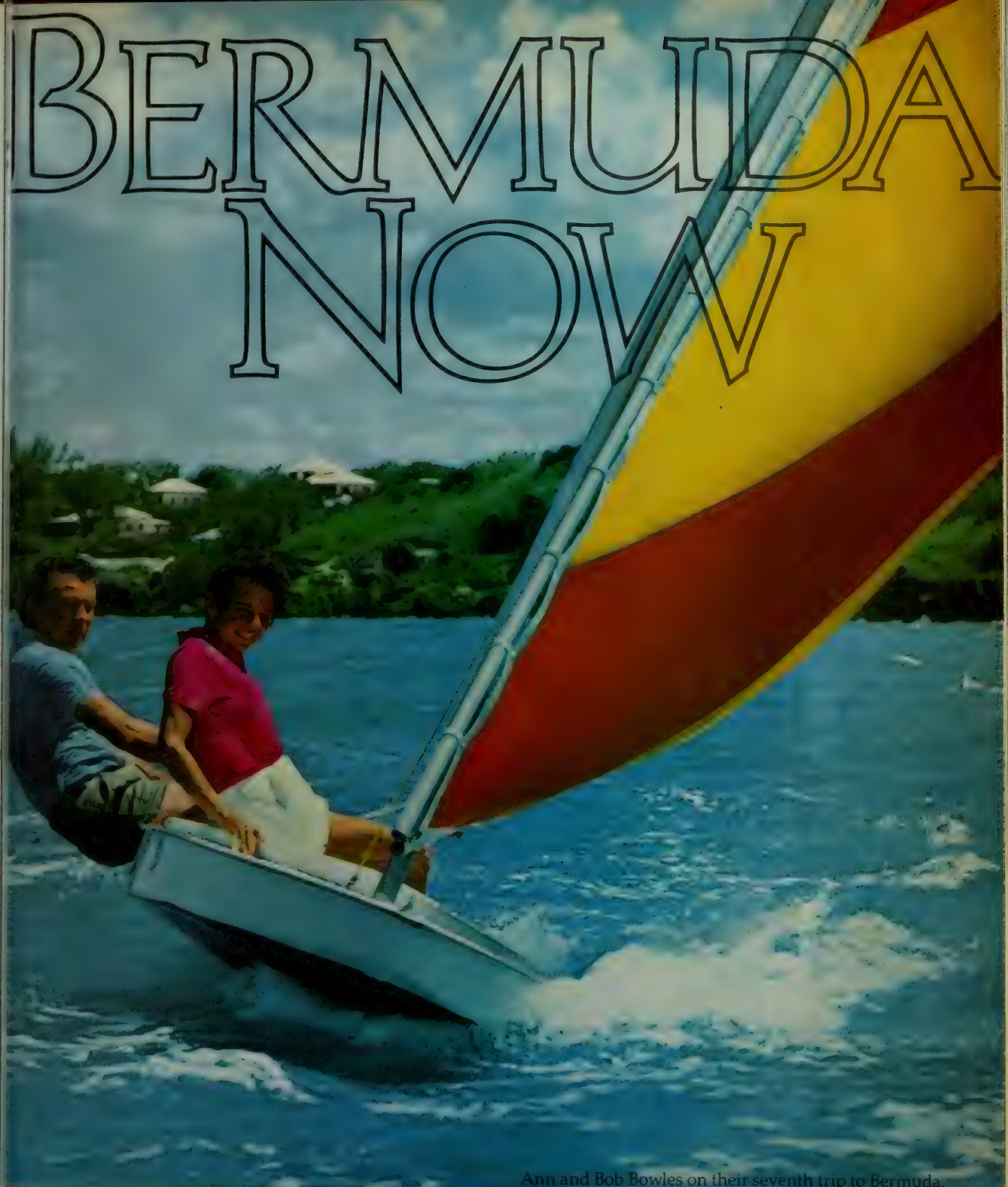
POACHED SHARK WITH TARRAGON SAUCE

1½ cups water
1 medium onion, sliced
3 lemon slices
2 pounds fresh *or* frozen shark steaks, thawed
2 tablespoons butter *or* margarine
2 tablespoons all-purpose flour
1 teaspoon dried tarragon, crushed
½ teaspoon sugar
¼ teaspoon salt
1 beaten egg yolk
½ cup dairy sour cream

In a 12-inch skillet combine the water, onion, and lemon. Bring to boiling; reduce heat. Add the shark. Cover; simmer 20 to 25 minutes or till shark flakes easily when tested with a fork. Transfer shark to platter; keep warm. Reserve *1 cup* of the cooking liquid. In a saucepan melt the butter or margarine. Stir in flour. Add the reserved liquid, tarragon, sugar, and salt. Cook and stir till thickened and bubbly. Gradually stir *½ cup* of the mixture into egg yolk; return to saucepan. Add sour cream. Stir over low heat 1 to 2 minutes more or till sauce is heated through. Do not boil. Top shark with some of the sauce; pass remainder. Serves 6 to 8.

Photograph: Scott Little

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LIFE INSURANCE

How Can You Tell What You Really Need?

Margaret Daly

You may feel you have more than enough life insurance coverage. Your agent may think you're underinsured. How can you be sure that you've protected your family adequately, without going overboard on coverage?

The only way you can begin to decide whether you need more or less insurance is to analyze what resources would be available should your income suddenly disappear, and evaluate those resources in terms of the ages and realistic needs of your family. It's an exercise you and your spouse should go through every couple of years, as well as when specific events occur, such as the birth of a child or a major change in your assets.

We've provided a fill-in chart for you to work through the numbers, plus a few key observations that should help you get a handle on the whole issue. With those broad numbers in mind, you can search out the right kind of insurance—if any—that will fit your family's requirements.

The following chart presumes a surviving spouse and two children under age 18. Check with the Social Security Administration to fill in your correct benefits.

Family Resources

A. Savings and investments	$_____
B. Existing life insurance	$_____
C. Spouse's annual after-tax income	$_____
D. Number of years spouse would work until children grown	_____
E. Spouse's total income until children grown (C times D)	$_____
F. *Social security for spouse and children until youngest reaches age 16 (number of years eligible times annual benefit)	$_____
G. Social security for children until age 18 or 19, after your youngest reaches age 16 (see article for details)	$_____
Total Resources (add lines A, B, E, F, G)	$_____

* May be adjusted if spouse earns more than $430 a month

Family Income Needs

A. Your annual after-tax income	$_____
B. Number of years left of child-rearing	_____
C. Income needed until children grown (A times B)	$_____
D. College expenses (at least $40,000 times number of children)	$_____
E. Outstanding debts (excluding your mortgage)	$_____
F. Funeral and estate costs (your lawyer can help estimate)	$_____
Total Needs until your family is grown (add lines A, C, D, E, F)	$_____

Additional Life Insurance Needed

(Total Needs minus Total Resources) $_____

Some basic rules

1. Life insurance should provide for your dependents' well-being—period. Don't view the proceeds as a windfall to raise your family's standard of living.

2. Make your analysis as though you were to die tomorrow—a to-date reckoning of income, assets, and liabilities.

3. Be realistic about how long dependents will remain dependents. When will your youngest child finish college? Might your spouse have to stop working for a while to attend to small children? Conversely, might your spouse have to go to work, and if so, will there be child care costs?

4. College can be a huge expenditure. Minimally, figure $10,000 a year for four years for each youngster.

5. Remember that your spouse's income tax bracket will drop with the loss of your earnings.

6. When figuring outstanding debts, don't include your mortgage. Even if it won't be paid off by mortgage insurance, monthly payments are part of your present cash flow and will be accounted for roughly in the income figures given for you and your spouse.

7. Our chart assumes the surviving spouse would be working, at least after the children are grown. If that's not likely in your case, you'll have to figure additional income needs in terms of his or her estimated life expectancy, likelihood of remarrying, and so forth.

Figuring social security

To fill in lines F and G under "Family Resources" on the chart, find out from your nearest Social Security office what your survivors' monthly benefits will be, then multiply by 12. The amount is based on your earnings record, and there is a maximum monthly family benefit for three or more children—currently $1,533 under the top-earnings record.

Lines F and G are determined by your children's ages. They're eligible for monthly payments to age 18—or 19, until high school graduation. Spousal payments end when your youngest child reaches age 16, and they won't pick up again until your spouse turns 60 (50 if disabled). Benefits also may be diminished when your spouse earns more than a certain amount; check details with Social Security.

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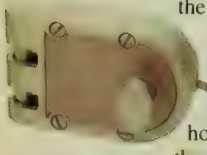
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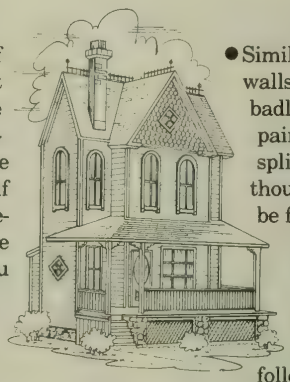
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Buying an Old House: How to Pick a Winner



Rehabbing still pays off for those who can spot genuine bargains in vintage housing. But if you're tackling a rehab project for the first time, allow yourself plenty of opportunity to determine whether the house you choose is one that you can afford to rework.

Professional advice

For any property you're seriously considering, it's best to hire a pro to size up the condition of the house: a home inspector, an experienced contractor, a structural engineer, or a skilled architect. Rely on his or her evaluation, and always get it in writing.

If you're just shopping the market, there are certain telltale signs you can look for on your own. As you make your own firsthand inspections, use the following checklists to help spot potential problem areas.

Exterior checklist

- Peer down the sides of the house to see if the walls are plumb and square. If they're noticeably out of line, move on. The house probably has advanced structural damage.
- Check for cracks or bulges in foundation walls. Hairline splits are usually nothing to worry about, but several large cracks may be another signal of serious structural problems. Walls that are out of plumb indicate a general weakening of the masonry or a buildup of pressure in the backfill.
- Inspect doors and windows for warping, rotting, and cracking. Widespread deterioration will mean costly repairs.
- Carry along a pair of binoculars and inspect the roof, looking for missing shingles, obvious worn spots, and damaged flashing. All are harbingers of water problems inside.
- While you're scrutinizing the roof, zero in on the chimney. Crumbling mortar joints often mean a new chimney is in order.
- Similarly, exterior masonry walls that are crumbling badly require big-ticket repairs; ditto for rotting and splitting wood siding (although small sections can be fixed easily).

Interior checklist

If the exterior of a house passes muster, move inside and do the following:

- As you go from room to room, hop—gently—in the center of each. Springy floors ordinarily are an indication of sagging beams and joists. You can make them stable again, but the job may take a good chunk of your budget.
- Bring a screwdriver or penknife; go to the basement and poke (again, gently) at key structural members, especially the main sill (the big board resting atop the foundation wall that supports the house). If there's extensive deterioration here, whether it's caused by water or insects, cross this house off your list; sill replacements are extremely high-cost undertakings.
- Look carefully for signs of water damage, even if the roof appears to be sound. Inspect ceilings and walls for stains, flaking and peeling paint, and loose plaster. Limited problems can be remedied inexpensively, but extensive decay often signals structural trouble that requires major repairs.
- Vintage plumbing systems occasionally need updating. Replacing supply lines, by far the most common task, is neither burdensome nor costly. But replacing messed-up drainwork is another matter. Try a simple test to check the main soil stack (the large vertical pipe in the basement). Bang it hard with the handle of your screwdriver. If you get a clear ring, the stack's all right. A dull sound, however, often means a replacement may be necessary. When a stack fails the bang test, get a second opinion from a professional plumber or building inspector.

Illustration: John Siembieda

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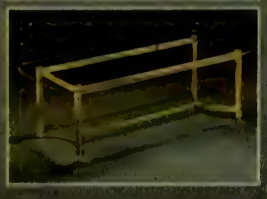
THE ART OF WAVERLY.

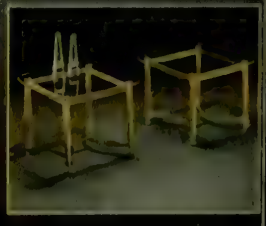
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LANDSCAPING FOR PROBLEM YARDS



By Douglas A. Jimerson

Most yards, even those that seem to have hopeless problems, can be improved with a little commonsense landscaping. A well-landscaped home is a pleasure to own and will be more valuable than its unkempt neighbors. Minor changes in the landscape often will solve big problems. The four small projects featured here were done by landscape architects. But, if hiring a professional and a small army of workers is beyond your budget, you can do the job yourself over a period of time. Use some of the imaginative landscaping ideas featured here to fix up your own place, whether you're starting fresh with a new home or redoing an overgrown veteran.

Photographs: Maris/Semel
Field editor: Bonnie Maharam

LANDSCAPING

PROBLEM:

An uninspiring brick stoop was this home's (*right*) only "landscaping" feature. The house looked distant and unapproachable and stranded in a sea of green. Everyone used the back door and the front entry was abandoned.



BEFORE

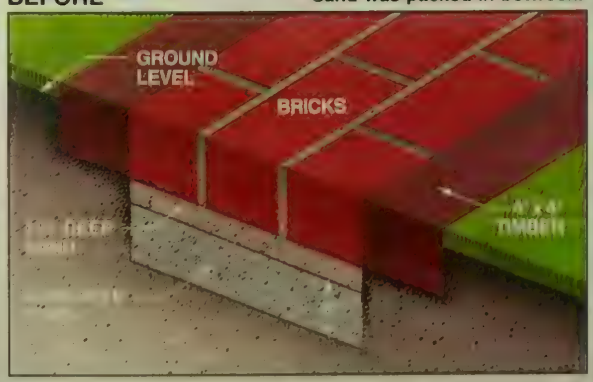
SOLUTION:

The most effective way to bring an entry up to par is with a good-looking front walk that's as exciting as it is practical. Here (*above*) a graceful, flared brick path was added that effectively links the front door and driveway. The once-neglected entry now becomes a useful and inviting element in the landscape.

If your home already has a front walk, you may want to re-evaluate its usefulness. Your path should be at least 3 or 4 feet wide for easy access and, if possible, it should be gently curving. A straight, narrow path lacks interest.

Landscape design: Goldberg & Rodler

To make the walk, a 6-inch-thick concrete slab was poured and allowed to harden (*below*). Then a 1½-inch-thick layer of sand was spread over the concrete and bricks were pressed into place. Sand was packed in between.



PROBLEM:

"Boxy and boring." That's how the owner of this 32-year-old house (*right*) described his front yard before remodeling. Plantings were sparse and privacy was minimal. Only a low fence separated the lot from neighbors.

SOLUTION:

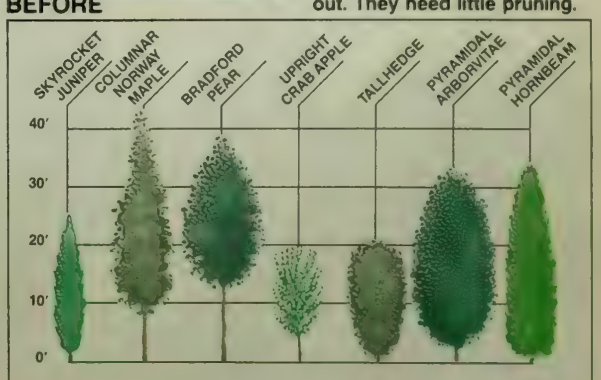
By using trees, shrubs, and flowers creatively, the sterile-looking house was turned into a showplace (*above*). To get the job done, the lawn was sodded and edged, leaving a gently curving planting bed along the fence line. The bed helps soften the view from the street and makes the postage-stamp-size lawn look a lot deeper than it actually is. A pair of columnar Sargent cherry trees and a Tallhedge shrub then were planted alongside the fence for color and privacy. Next, rhododendrons, underplanted with pachysandra, were placed up against the house to hide the brick foundation.

Landscape design: Goldberg & Rodler



BEFORE

Tall, slender trees and shrubs are ideal for narrow city lots where space and privacy are at a premium. All of the trees listed on the chart (*below*) prefer to grow up rather than out. They need little pruning.



LANDSCAPING

PROBLEM:

Sometimes a small, hilly backyard like this one (*right*) can look like a landscaping nightmare. Potential outdoor living space seemed minimal and the overgrown hillside, held at bay with decaying railroad ties, was a mess.

SOLUTION:

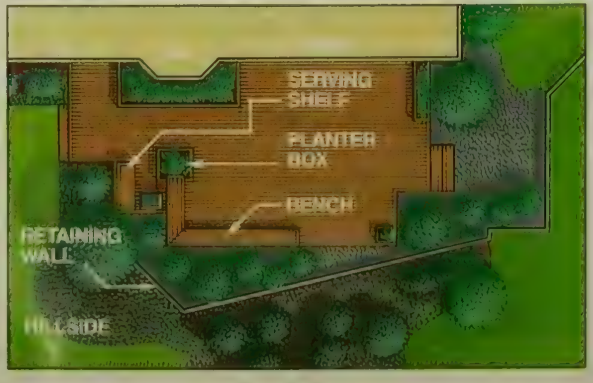
Before deck construction began, the crumbling railroad tie retaining wall was destroyed and replaced with an attractive barrier made from pressure-treated timbers. Then, as the foundation of the deck was put in place, some of the overgrown junipers that had colonized the hillside were removed. The 98-foot-long deck (*above*) was designed and built to mirror the irregular shape of the backyard. So, the finished structure "flows" with the terrain, creating a visual link connecting the house, hillside, and plantings. Built-in seating, barbecue area, and planter were added to save space.

Landscape design: Goldberg & Rodler



BEFORE

The landscape plan (*below*) shows how easily a deck can be designed to fit the available space. A standard square or rectangular deck tacked onto the back of the house would not suit the unusual shape of the yard.



PROBLEM:

This spacious backyard (*right*) was devoid of usable outdoor living space. The owners wanted a deck but they didn't want one that stretched from lot line to lot line. Outdoor living activities had to be centrally located.

SOLUTION:

Before you build your deck, evaluate your family's needs. You may discover that you don't need as big a project as you think. A smaller deck will cost less, too.

Even though this house has a larger than average backyard, the owners opted for a compact, but roomy deck. Notice how all the different elements (*above*), including the hot tub, are concentrated in one area, yet the structure doesn't look cramped. It has plenty of room for sunning, barbecuing, entertaining, and hot tubbing. Construction costs were minimal and there's plenty of yard space left over.

Landscape design: Ken Murphy and Dwight Andrews



BEFORE

The landscape plan (*below*) shows how easy it is to design a space-efficient, multipurpose deck. For maximum use, this project was placed outside the family room doors. Low shrubs tie deck and yard together.



WINDOW SEATS AND BANQUETTES

SITTING PRETTY!

11 STYLE-SETTING STRATEGIES



By Denise L. Caringer

Tucked into a corner, snuggled into a niche, or nestled under the attic eaves, a window seat or banquette is a welcome addition to any home. Practical and space saving, such seating also sets an enticing mood of leisurely repose. Although window seats and banquettes have been around for centuries, they're more popular than ever today. And, they're easy to add. Just pick a spot, build a box to fit it, finish the box to suit your taste, and add a cushion. Voilà! You have low-cost seating that's luxuriously comforting to the body *and* appealing to the eye.

Photograph: Ernest Braun. Design: Anne Porteus, Gerri Miller, Irene Monroe. Location: Marin Designers Showcase. Field editor: Heilkamp

COZY UP A BEDROOM

◀ Take one ordinary bedroom, add a window seat, then sprinkle generously with sunlight. That's the recipe for easygoing charm. Bright red accents maintain the sunny look, even on cloudy days.

TRANSFORM A CORNER

▶ Line its walls with an attractive Southwestern-style *banco*, add a small table, and a once-wasted corner becomes a quiet cocktails-for-two relaxation spot.



ADD MAXIMUM SEATING

▲ A small family room gains crowd-size seating when you install an efficient, L-shaped banquette like this.

Made of mellow pine and plumped with cushions covered in a countrified fabric to complement the sofa, the banquette is right in sync with the room's down-home decorating style.

Photograph, left: Bill Hopkins, Hopkins Associates Design: Robert Etz, ASID. Field editor: Carolyn Fleig Photograph, above: Ernest Braun. Design: Jan Emery. Field editor: Helen Heitkamp

WINDOW SEATS AND BANQUETTES

EASE ENTERTAINING

▲ Pull up a table and some chairs, and any window seat or banquette works as well for dining as for lounging. Located at the end of a hallway adjacent to both the family room and the kitchen, this delightful corner handles casual dining and party seating with equal ease. For large-scale dining, substitute a long rectangular table.

Photograph: Ernest Braun. Interior design: Jane Gammill. Architect: Hank Bruce
Field editor: Helen Heitkamp



CONVERT A CLOSET OR A NICHE

◀ A bit of carpentry can turn your hard-to-furnish niche or a little-used closet into a full-time personal getaway.

To transform a closet, remove the doors, add a window or install a large piece of fixed glass, and build in a seat.

Then settle back and relax on a summery array of awning-striped pillows.

Photograph: Ernest Braun. Design: Karen Carroll
Location: Marin Designers' Showcase
Field editor: Helen Heitkamp

CREATE A FOCAL POINT

▲ Give any room the look of a decades-old library with a window seat/bookcase focal point. The unit's crown moldings and raised-panel doors work with time-honored furniture designs to foster an air of venerable tradition and comfort. Darkly painted walls and a dhurrie rug reinforce the cozy mood.



BUMP OUT A BAY

◀ Bump out one bay window, and you'll discover three decorative benefits: instant charm, precious natural light, *and* extra seating.

In this living room, the new bay-window seat and a pull-up armchair turn a once-wasted corner into an intimate conversation spot.

Photograph, above: Stephen Fridge. Design: Western Design Institute. Location: Marin Designers' Showcase. Field editor: Helen Heitkamp
Photograph, left: Ernest Braun. Design: Suzanne Mathis. Field editor: Helen Heitkamp

WINDOW SEATS AND BANQUETTES

FLANK A FIREPLACE

▲ Whatever the style of your fireplace, dramatize it with inviting banquette seating.

Flowing smoothly from this sculptural fireplace, these curvy seats serve for large-party seating, yet are just right for solo lounging. Toss pillows provide cushioned back support. A couple of armless chairs complete the fireside conversation area.

Photograph: Bill Hopkins, Hopkins Associates
Design: Fritz Kailer of Kailer-Grant Designs
Field editor: Carolyn Fleig



DESIGN FOR FAMILY LIVING

◀ A wall-hugging banquette and corresponding shelves transform a clutter of sofas, chairs, and kids' toys into a sleek, livable family room.

The vertical storage section houses a television set on a swivel shelf, while drawers beneath each seating unit neatly corral kids' games and hobby supplies.

Photograph: Ernest Braun
Design: Ruth Livingston
Field editor: Helen Heilkamp

SNUGGLE INTO A NICHE WITH A VIEW

▲ Take advantage of a great view—and transform an underused nook—with comfortable built-in seating. A blue-and-white seat cushion and matching back pillows enhance the restful mood.

And when extra dinner guests are on hand, a folding table and chairs turn the window seat into a delightful dining space.

Photograph: Ernest Braun
Design: Louise J. Kelly
Location: Marin Designers' Showcase
Field editor: Helen Heitkamp



SPAN A WINDOW

◀ Get away from it all! Frame a bedroom window with bookcases, then add a window-seat-for-one, and you've created a true haven.

A couple of slim but comfy armchairs, a small table—*and*, of course, a cache of treasured books—round out the small-space grouping.

Photograph: Fred Lyon
Design: Esther H. Reilly
Location: American Cancer Society–ASID Designers Showcase, Palo Alto, California
Field editor: Barbara Cathcart

Buying information, page 173.

STEP-BY-STEP

TODAY'S LACQUER LOOK MADE EASY

By C. Michael Stowers

Transform has-been furniture into chic, sleek lacquer-look prizes. Regardless of material or the condition of finish, the six steps below show you the easy way to get this stylish look on any kind of furniture.



Thrift shops and secondhand furniture stores are gold mines for lacquer-look candidates.

1 Check the finish on the furniture piece. If it is made up of thick layers of old varnish or paint, scrape all this off in one swoop with a good-quality liquid stripper. Apply the stripper in a thick coat, scrape with a putty knife, and then wipe off with a damp cloth. Let the piece dry. If the old finish is very thin, almost worn off, or easily gouged with your fingernail, sand with 120-grit paper in an orbital sander followed with 220 by hand.

2 Fill cracks, holes, and any other irregular features in the surface. Wall repair compound is great for all kinds of wood because it dries quickly and doesn't shrink. Use car-body repair kits for metal furniture. These contain plastic resins that are easy to work. Let all filled areas dry.

3 Sand all surfaces to be painted. Use a two-step process: first, sand with 220-grit paper and then sand again with the finer grade, 400-grit. Avoid the natural tendency to sand filled areas too much. Besides smoothing the surface, sanding removes dirt, wax, and other residue. But some of this stuff is always lurking in wood grain and hairline cracks, so use a liquid sander to complete this part of the sanding job.

4 Remove all dust and debris from the workpiece. Your household vacuum cleaner does the job of getting most of the dust. Then use a photographer's pressurized-air can to blow dust out of crevices and hard-to-reach places. Rub the workpiece gently with a tack cloth to get any remaining dust. Before you begin painting, rinse brushes in solvent. Dampen the floor of the work area with a plant mister. If you're a perfectionist, wear a shower cap and a gown you make from a dry cleaner's plastic garment bag; and paint in a drop-cloth tent like the one shown on page 107.

5 Apply a good-quality enamel undercoater to wood furniture. Undercoaters fill and seal wood grain, pores, and hairline cracks. In addition to providing a good bonding surface for the color enamel, undercoaters have a leveling agent that begins building the smooth foundation for your lacquer look. Whether you spray or brush on the undercoater, apply at least two thin coats with light, 400-grit sanding after each. Prime metal surfaces with metal primers available in aerosol can dispensers. Keep the coats thin, but use steel wool after each coat or 320-grit sandpaper. Use darker undercoaters than the finish enamel.

6 Apply color alkyd enamel in thin coats. Whether you spray or brush, a key to getting the lacquer look is avoiding runs. When spraying, several coats are necessary to get the desired depth of color. In between coats, sand lightly with 400-grit paper or No. 000 grade steel wool. After the second or third coat, you'll notice that sanding seems to be polishing at the same time, as a slight sheen develops under a frosty surface. That means you're getting that exciting luster. When you're satisfied with the depth of color and surface smoothness, apply a coat of clear plastic varnish. One coat will do the job, but you can continue for up to three coats with light sanding between coats.

Photographs: Perry Struse. Consultants: Libby Momberg, Warren Carrington

EMPIRE BED

FROM BLOND VENEER TO BLACK MAGIC

Take the tired old bed at left and turn it into this handsome beauty! Old veneer furniture is common and available for a song. We found this Empire-style bed in a secondhand furniture store, analyzed the old finish, ran it through our six steps, and this is the result. It looks like lacquer, but it doesn't require the tedium of lacquer. It's fun and easy, and you can do it, too.



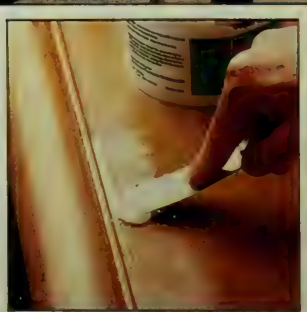
ALLIGATOR SKIN

Many old coats of paint or varnish cause an alligator texture in the surface as it ages. This stuff quickly clogs sandpaper, so the only practical way to get it off is with a liquid stripper.



STRIP IT

Brush on a generous coat of stripper. Its chemical agents go to work instantly—causing the old finish to wrinkle and bubble. In a few minutes, scrape it off right down to the veneer.



FILL CRACKS

Cracks and chips are common near the edges of veneer furniture. Check for pitted areas in the center of panels. Fill all these spots with ready-mixed wall repair compound.





PRINCESS DRESSER

You may find old oak furniture that has been refinished improperly.

FISHEYES

Incomplete removal of stripper residue produces dimples that resemble fisheyes in a new coat of polyurethane varnish (dresser close-up, *above left*). If you choose one of these pieces for the more imaginative lacquer-look, sand out the fisheyes with 220-grit paper. To further smooth out fisheyes, apply the enamel undercoater in three to four coats and brush each coat out in thin layers (*left*).



SHRUNKEN JOINTS

Cracks at joints of hardwood furniture are produced by wood shrinkage. Reinforce the joint from the back if the piece needs additional support. Then fill the crack with wall repair compound.





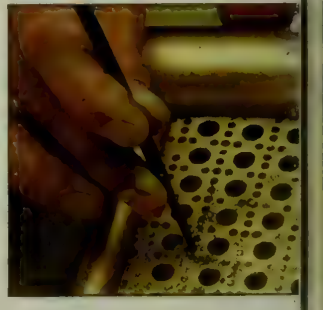
DECO DAY BED

Hard-surfaced metal furniture guarantees fantastic success for high-gloss treatment.



SANDY SURFACE

This iron and tin bed had been spray-painted to resemble brass. No primer had been used and improper spraying had produced a sandy texture on the surface. Sand the surface with 400-grit paper or No. 000 steel wool. You don't need to expose the metal or begin polishing it— just get rid of that sandy feel.



CRUD IN GRILL

Grillwork often serves the purpose of a decorative panel in metal furniture (*right*). If the piece has been painted several times, you can be sure the grillwork is full of dirt and old paint. You don't have to remove this crud absolutely, but the perfectionist in you will enjoy the result if you do. Put the kids to wo punching out the holes with a n set or rat-tail file. A stiff wi brush is also a handy tool for th job, and for cleaning out a cracks and crevices in metal fu niture. Do special treatment wo like this before beginning the r finishing steps.



DROP CLOTH TENT

Control the dust that ordinarily settles on a freshly painted surface and you have the key to getting a truly high-luster finish. One way is to rig up a tent for painting and drying. Staple or tack a plastic drop cloth across the joists in a corner of your garage or basement. Then attach plastic cloths for the sides. Shore up any seams in this tent with clothespins. After all sanding is finished, move the workpiece into the tent. Paint with cloth pulled back for ventilation. Then drop the cloth and let the paint dry. There is no need to seal the tent tightly during drying time.



USE GOOD-QUALITY PRODUCTS

These are the tools, oil-base and alkyd enamels, and clear synthetic-resin varnishes we used to get the lacquer look you see on these pages. Enamel is a synthetic-resin varnish (polyurethane) with color pigment added. Alkyds are color enamels with acid added to improve workability and speed drying time.

KEEP SANDING

Rarely, your first color coat may come out mottled for some reason (stripper residue or faulty spray orifice). Repeat the two-step sanding process and switch to a brush for the next coat.







MISSION CHAIR AND '50s TABLE

High gloss looks great on birch and maple.



LOOSE FINISH

This maple table had a factory-applied lacquer finish. If many spills have been left to dry on this kind of finish, it becomes unstable and scrapes off easily. Check the condition of the finish. If it scrapes off easily with a putty knife, sand it all off.



DRIED STRIPPER

Liquid stripper residue can dry up in cracks and crevices of stripped fruniture. We found lots of it in this birch rocker. Apply fresh stripper to soften the old stripper, and then scrape and wipe clean with a damp cloth.



Buying information, page 173.

KITCHEN STORAGE

Putting Wasted Corners To Work

By William L. Nolan

Corner cabinets used to be real bugaboos in the kitchen—dark, dust-catching cubbyholes that swallowed up everything you stored there. But today you can put all that hard-to-get-at storage space at your fingertips by installing drawer or shelf units that roll their contents right out where you can see them. Here are three clever examples.



BUILT ON THE BIAS

Installing a corner unit like this in your kitchen nets three distinct advantages: a standard-width opening, an extra drawer for utensils, and a pair of extra-long drawers underneath for bulky items. Make the long drawers with 1×8 pine, and panel the doors and drawer fronts with fir.

Variation: create a corner "carport" for your serving cart, and disguise the cart with a false front that matches your cabinets.

Photograph: Steve Fridge
Design: Gross De Smidt
Field editor: Helen Heitkamp



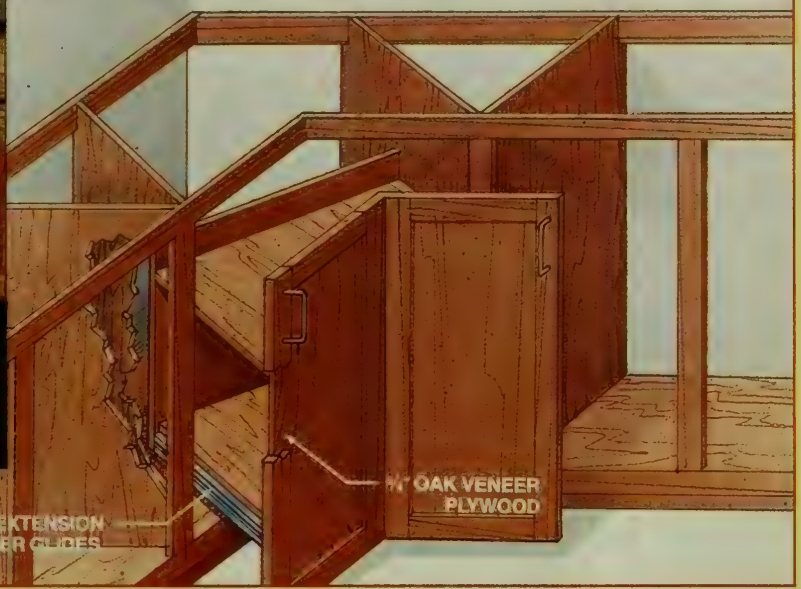
ROLL-OUT SHELVING



Photograph: Steve Fridge
Field editor: Sharon Haven

The shelving in this corner compartment glides right out from under the counter so you can see all the items at once. Each shelf is 28 inches long—4 inches longer than conventional shelves. Wood strips on the back edges of the shelving keep things from slipping off when the unit glides forward.

Variation: outfit a corner of your kitchen with a roll-out rack for spices and condiments.



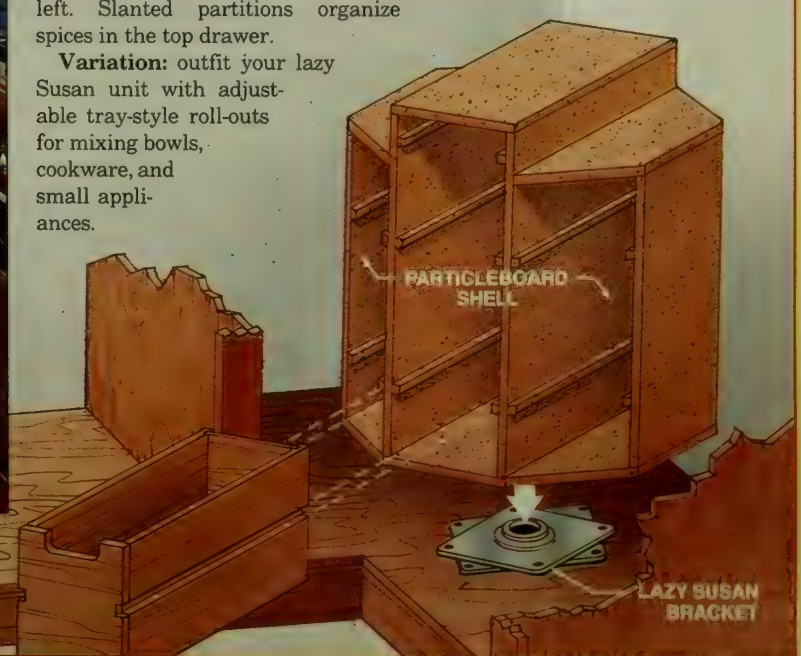
SWING-AROUND DRAWERS



Photograph: Ernest Braun
Field editor: Helen Heitkamp

If unequal widths on the sides of the corner opening rule out a conventional lazy Susan unit in your kitchen, install this drawer-type lazy Susan. The top and center drawers pull out at an angle. When the unit is rotated a few degrees, drawers on the sides pull out to the left. Slanted partitions organize spices in the top drawer.

Variation: outfit your lazy Susan unit with adjustable tray-style roll-outs for mixing bowls, cookware, and small appliances.



SUNDAY-BEST TABLEWARE

TO USE AND ENJOY EVERY DAY

By Nancy Lindemeyer and Gary Boling

Gone are the days when the good dishes were brought out of the cupboard only for Sunday dinner and special guests. Today's tableware, like that pictured here, is pretty and practical enough to use for all occasions, and combines traditional good looks with modern durability and easy maintenance.

Sunday-Best Tabletop

Counterclockwise, lower left, are Royal Doulton's "Southdown" dinnerware, Noritake's "Adagio" stemware, and Lunt's "Haverford" flatware; Spode's "Billingsley Rose" dinnerware and vegetable dish, Kirk-Stieff's "Plymouth Engraved" flatware, and Gorham's "Laurin Platinum" stemware; Johnson Brother's "Rose Chintz" dinnerware, J.G. Durand's "Rosaline" glassware, Reed & Barton's "French Chippendale" flatware; Wedgwood's "Pergola" dinnerware and "Imperial" stemware, Gorham's "Invitation" flatware; and Noritake's "Country Diary" dinnerware, Lenox's "Antique Rust" glassware, and Wallace's "Wickham" flatware. Fenton milk glass salt and peppers and Lenox bud vase. Painted crystal bud vase and table bell, Orrefors' "Maja."

Photographs: Jim Hedrich, Hedrich-Blessing


Mom
Steve
Grandpa

SUNDAY-BEST TABLEWARE
TO USE AND ENJOY EVERY DAY







Sparkling Glassware

The selection of glassware today has never been better, with beautiful choices in color, pattern, and style. The crystal compotes, bell, tumbler, and water pitcher in the foreground are hand-painted with traditional Swedish folk motifs from Orrefors' "Maja" line. J.G. Durand's "Rosaline" and Lenox's "Antique Rust" are two tinted stemware styles.

Desserts

Designed especially for everyday use, Pfaltzgraff's "Heirloom" dinnerware recalls romantic 19th-century designs. Matching glassware from Pfaltzgraff and Oneida's "Enchantment" silver plate complete this place setting.

Coffee and Tea Pots

The teapots and coffee servers match the dinnerware of the previous pages, and include Wedgwood's "Pergola" teapot in the foreground (with sugar and creamer), coffee servers from Spode and Royal Doulton, and Johnson Brothers' "Rose Chintz" teapot in the background. Dinner and salad plates in the hutch and the beverage server on the tray are Noritake's "Country Diary." To order free instructions for the cross-stitch picture frame, see *page 175*.

Serving Pieces

Great serving pieces work just as hard on their own. Grandfather's platter is Royal Doulton's "Southdown"; his grandaughter's coffee server is Spode's "Billingsley Rose." Covered dish on the table and Grandmother's platter are Johnson Brothers' "Rose Chintz." Covered casserole, Noritake's "Country Diary."

For buying information, please turn to page 173.




STEAMED
ASPARAGUS MEDLEY
GAZPACHO-STYLE ARTICHOKES

EARLY BIRD SPRING VEGETABLES

By Nancy K. Wall

It's spring! Vegetable bins are brimming with colorful, fresh vegetables to enjoy. Spring vegetables are packed with vitamins and they're so quick and easy to cook.



STEAMED ASPARAGUS MEDLEY

½ cup whole radishes
3 tablespoons olive *or* salad oil
2 tablespoons wine vinegar
2 teaspoons snipped chives
1 teaspoon dried oregano, crushed
1 pound fresh asparagus

Rinse the radishes; remove ends and cut into thick slices. Place radishes in steamer basket; place over, but not touching, boiling water. Cover; reduce heat. Steam 8 to 10 minutes. Drain.

For dressing, in screw-top jar combine oil, vinegar, chives, oregano, ⅛ teaspoon *salt,* and ⅛ teaspoon *pepper.* Cover; shake well. Combine radishes and dressing. Cover; chill.

Meanwhile, wash asparagus. Break off woody ends; place asparagus in steamer basket. Place over, but not touching, boiling water. Cover; reduce heat. Steam 10 to 12 minutes. Drain. Cover; chill. Arrange on serving platter. Top with radishes and dressing. Makes 6 servings.

SELECTION TIPS

- Artichokes—compact size with tightly closed green leaves
- Asparagus—firm and straight stalks with compact, closed tips
- New potatoes—firm, small, and smooth with shallow eyes
- Peas—bright green with fresh-looking stem ends
- Radishes—firm; medium-size

GAZPACHO-STYLE ARTICHOKES

2 medium artichokes
2 medium tomatoes
¼ cup chopped green pepper
¼ cup chopped cucumber
2 tablespoons chopped onion
2 tablespoons olive *or* cooking oil
2 tablespoons lemon juice
1 teaspoon mustard seed
1 small clove garlic, minced
Dash hot pepper sauce

Wash artichokes; trim stems, and remove loose outer leaves. Cut off 1 inch of tops; snip off sharp leaf tips. Brush cut edges with lemon juice. In a large kettle cook artichokes, covered, in 2 inches of boiling, salted water for 20 to 30 minutes. Drain. Chill thoroughly.

For relish: Peel tomatoes. Coarsely chop. Combine all vegetables *except* artichokes, oil, juice, mustard, garlic, pepper sauce, ¼ teaspoon *salt,* and ⅛ teaspoon *pepper.* Cover; refrigerate several hours, stirring occasionally. To serve, pull off leaves of *one* artichoke; remove choke. Chop artichoke heart and stem. Stir into relish. Remove center leaves and choke of remaining artichoke to form cup; fill with relish. Place on platter. Arrange leaves around artichoke cup. Spoon some relish onto base of each leaf. Serves 8 to 10.

NEW POTATO SALAD

1 pound tiny new potatoes, quartered
2 cups fresh pea pods, bias-sliced
¼ cup dairy sour cream
¼ cup mayonnaise *or* salad dressing
1 teaspoon dried dillweed
1 tablespoon snipped chives
Bibb *or* romaine lettuce

Cook potatoes, covered, in a small amount of boiling water for 8 minutes. Add peas to saucepan with potatoes. Cover and cook 2 to 4 minutes. Drain thoroughly; cool. Stir together sour cream, mayonnaise, dill, chives, and ¼ teaspoon *salt.* Cover; chill. Line salad plates with Bibb lettuce. Mound potato mixture in center. Drizzle dressing over each. Makes 8 side-dish servings.

Buying information, page 173.

Photograph: William Sladcik

AFTER-WORK COOKING

SOLVE YOUR DINNER DILEMMAS!

By Diana McMillen

You can juggle dinnertime and your family's ever-changing routine with finesse! Five terrific-tasting recipes fit the most frustrating schedules. When time and energy are at a premium, turn to these solutions—you'll knock your family's socks off!

My family participates in a million activities every week—many over the dinner hour. I'm tired of being a short-order cook!

Working mother of three, San Diego, Calif.



READY IN 30 MINUTES!

THE ON-CALL SALAD

Here's a recipe idea you're sure to love—the meal that's ready anytime, for one or all. Stack and store these single-serving main-dish salads; they'll keep fresh in the refrigerator from first supper shift to last.

Photographs: Ernie Block

READY IN 25 MINUTES!

I'm in a real pinch! I haven't had one moment to think about making tonight's dinner and there's nothing in the refrigerator.

Single father of three, Biloxi, Miss.



OFF-THE-SHELF ITALIAN DINNER

Turn to your pantry for inspiration when you're in a jam. Keep cans of tomato soup, tomato paste, minced clams, and packaged dried tortellini on hand. They go together for a family-pleasing meal in minutes.

RECIPES BEGIN ON PAGE 122.
Buying information, page 173.

READY IN 30 MINUTES!

We worry about leaving the kids alone to fend for themselves at dinner. What can we fix that's good that they can self-serve?

Concerned parents,
Bangor, Maine



JUST-FOR-KIDS CALZONE

With this freeze-ahead sandwich on hand, you will enjoy parents' night out. Armed with hot pads, your child can bake and serve it. The meal is complete with milk and a salad you've stashed in the refrigerator.

READY IN 30 MINUTES!

Frequently, the evening activities cut into the supper hour. What can I make in a hurry, and with no mess to clean up later?

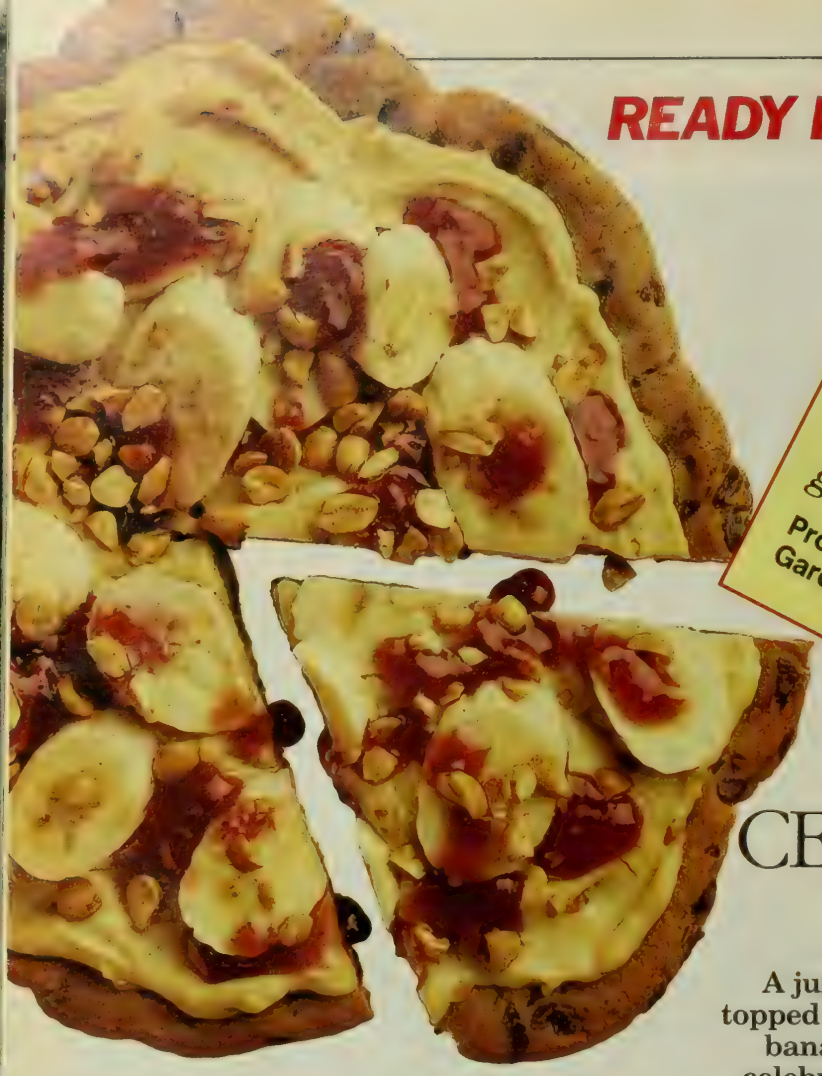
Out-of-breath super mom, Oklahoma City, Okla.



RUSH-HOUR SIMMER DINNER

From the time you open the cupboard door, it takes just ten minutes to assemble this skillet meal, then it simmers unattended for 20. But, the real bonus comes when it's time to clean up—there's only one pan.

RECIPES BEGIN ON PAGE 122.



READY IN 30 MINUTES!

There never seems to be enough time to prepare a special treat for my family when one of us brings home some good news.

Proud, but busy, parent, Garden City, N.J.

CELEBRATION COOKIE

A jumbo chocolate chip cookie topped with some peanut butter and bananas—what a great way to celebrate! It takes just 15 minutes to assemble this tasty sweet to mark a promotion or a good grade at school.

Top this fun dessert with your choice of jam or jelly—strawberry, raspberry, grape, currant, apricot, or cherry. You also can use double-chocolate refrigerated cookie dough instead of the dough with the chocolate pieces—

- 1 15- *or* 16-ounce roll chocolate chip refrigerated cookie dough
- 1 5-ounce can vanilla pudding
- ⅓ cup peanut butter
- ¼ cup plain yogurt
- 1 medium banana
- ¼ cup desired jam *or* jelly
- 3 tablespoons chopped dry roasted peanuts

Cut *two-thirds* of the refrigerated chocolate chip cookie dough into ½-inch-thick slices. Refrigerate the remaining cookie dough for a later use or slice and bake it according to the package directions.

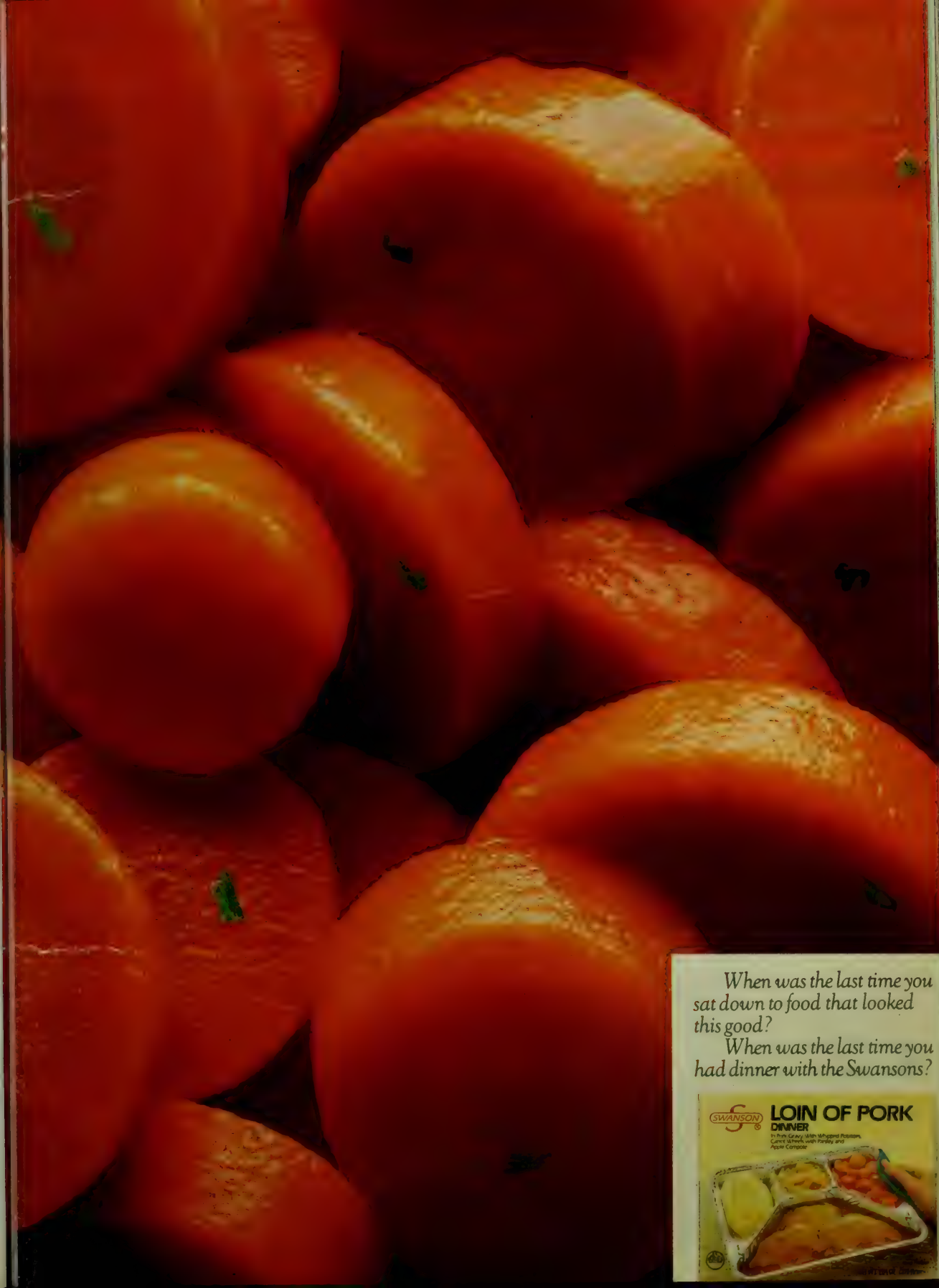
On an ungreased baking sheet arrange, press, and spread together the ½-inch-thick slices of cookie dough to form an 8-inch circle. Bake in a 400° oven about 10 minutes or till the cookie crust is done. Cool the crust 5 minutes on the baking sheet. Loosen the edges of the cookie crust. Cool completely on a wire rack.

Meanwhile, in a small mixing bowl stir together the vanilla pudding and the peanut butter till the mixture is smooth. Fold in the plain yogurt. Spread the pudding mixture over the cooled cookie crust. Bias-slice the banana.* Arrange the banana slices over the pudding mixture on the crust.

Just before serving, drizzle your choice of jam or jelly over the big cookie. Sprinkle with the dry roasted peanuts. Store any remaining cookie, covered with clear plastic wrap or in a covered container, in the refrigerator. Makes 6 servings.

Per serving: 405 cal., 8 g pro., 48 g carbo., 22 g fat, 24 mg chol., and 268 mg sodium. Percent USRDA: 18% niacin and 15% phosphorus.

**Note:* Brush the banana slices with lemon juice or ascorbic acid color keeper before arranging on the cookie to prevent browning.



When was the last time you sat down to food that looked this good?

When was the last time you had dinner with the Swansons?

begins on page 116



Our seal assures you that every recipe has been tested in and is endorsed by the Better Homes and Gardens® Test Kitchen.

How to Use Our Nutrition Information

Good nutrition seems to be on everyone's minds these days. To help you keep track of the calories, protein, fat, cholesterol, and sodium you consume each day, we've included the amounts of these nutrients by gram weight per serving for our recipes.

You also can check the vitamin and mineral content of each recipe—these are given in percentages of the United States Recommended Daily Allowance (USRDA) whenever the value exceeds 10 percent. The USRDAs are standards developed by the Food and Drug Administration. Use them as a guide to see how well each recipe meets your family's nutrition needs.

Put Nutrition Analysis to Work

The nutrition summaries with recipes can help you plan more healthful family meals. Start by looking at the essential nutrients each recipe provides. Then decide its importance to your diet in supplying protein, vitamins, minerals, and so forth.

To put the numbers in perspective, here are some simple guidelines based on daily needs of females, 23–50 years old: 2,000 calories, 45–65 grams protein, 85 grams fat, 300 milligrams cholesterol, and 1,100–3,300 milligrams of sodium. (In general, males and teenagers need more calories.) Use these as ballpark figures—there's no real harm in going over or under these figures in any single day, but you should aim for a balanced diet overall.

We used these guidelines to figure the nutrition analysis of each recipe in this story:

- When ingredient options appear in a recipe (butter *or* margarine; chicken *or* ham), the first ingredient choice is used for the analysis.
- "Optional" ingredients are omitted in the analyses.
- The nutrition analyses for recipes calling for fresh ingredients are calculated using the measurements for raw fruits, vegetables, and meats.
- If a recipe gives optional serving sizes (such as "Makes 6 to 8 servings"), the nutrition analysis is calculated using the first choice.

On-Call Salad

Lahvosh are Lebanese-style crackers available in most large supermarkets. You can serve this stacked salad immediately or let it wait in the refrigerator up to four hours. The cracker softens as it waits—

1 15-ounce can garbanzo beans, drained
¼ cup mayonnaise *or* salad dressing
¼ cup bottled green goddess salad dressing *or* other creamy salad dressing

• • •

12 3-inch individual whole wheat lahvosh rounds
1½ cups shredded lettuce
1 cup shredded cheddar cheese (4 ounces)
⅓ cup sliced almonds

In a blender container or food processor bowl combine the garbanzo beans, mayonnaise or salad dressing, and the green goddess salad dressing. Cover and blend till smooth. Spread about *2 tablespoons* of the mixture over each lahvosh cracker. Sprinkle shredded lettuce, shredded cheddar cheese, and sliced almonds over each cracker. Layer lahvosh, 3 in a stack, to form 4 stacks. Cover the salads with clear plastic wrap; refrigerate up to 4 hours. Makes 4 servings.

Per serving: 490 cal., 16 g pro., 28 g carbo., 36 g fat, 41 mg chol., 483 mg sodium. USRDA: 11% vit. A, 11% thiamine, 16% riboflavin, 28% calcium, 18% iron, 32% phosphorus.

Note: To serve salads immediately, place lavosh under gently running water to soften slightly. Pat dry with paper toweling. Assemble as directed.

Off-the-Shelf Italian Dinner

For a more colorful dish, use half green and half regular tortellini. You can use packaged dried tortellini also; the cooking time will be slightly longer—

continued

Wouldn't they love 'em more with Cool Whip®?

WHIPPED TOPPING



Our fresh taste turns any dessert into one your family will love even more.

Shortcake Parisienne

4 croissants, thawed and split • 1 pint strawberries, sliced • 1 tablespoon sugar
2 cups thawed BIRDS EYE® COOL WHIP® Whipped Topping

Heat croissants; cool. Combine berries and sugar; let stand 30 minutes. Before serving, spoon ⅔ of berries on croissant bottoms. Top with whipped topping, saving about ½ cup. Replace tops and garnish with remaining berries and whipped topping. Serves 4. Berries may be flavored with 1 tbsp. Kirsch brandy.

Berry Blush

1 package (4-serving size) JELL-O® Brand Gelatin or Sugar Free JELL-O® Brand Gelatin, Strawberry Flavor • ¾ cup boiling water • ½ cup cold water • Ice cubes
1 cup sliced strawberries
1 cup thawed BIRDS EYE® COOL WHIP® Whipped Topping

Dissolve gelatin in boiling water. Mix cold water and ice cubes to make 1¼ cups; add to gelatin and stir until slightly thickened. Remove any unmelted ice. Measure 1½ cups gelatin; add fruit. Spoon into glasses or a bowl. Blend whipped topping into remaining gelatin. Spoon into glasses. Chill. Garnish. Serves 6.



GENERAL FOODS

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KRAFT

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THE LAND



F O O D

Make Your Own Old-Fashioned Sausage

Re-create the spicy aromas and savory flavors of your neighborhood sausage shop at home. This hot-style Italian sausage recipe is ideal for novice sausage-makers. The easy-to-handle ingredients plus the step-by-step method ensure success. If you don't own a sausage stuffer attachment for your electric mixer or food grinder, use the instructions here for shaping patties.

Italian-Style Sausage

Buy casings from your butcher—

Pork *or* beef sausage casings (about 8 feet)
3 pounds boneless pork shoulder *or* beef chuck roast
1 medium onion, finely chopped
3 cloves garlic, crushed
2 teaspoons paprika
1½ teaspoons fennel seed, crushed
1 teaspoon ground coriander
¾ teaspoon ground red pepper (optional)
¾ teaspoon black pepper
1 bay leaf, crushed

Open one end of each length of casing to separate; hold under faucet and allow cool water to run through the entire length. Soak casings in cold water at least 2 hours or overnight in the refrigerator to remove excess salt.





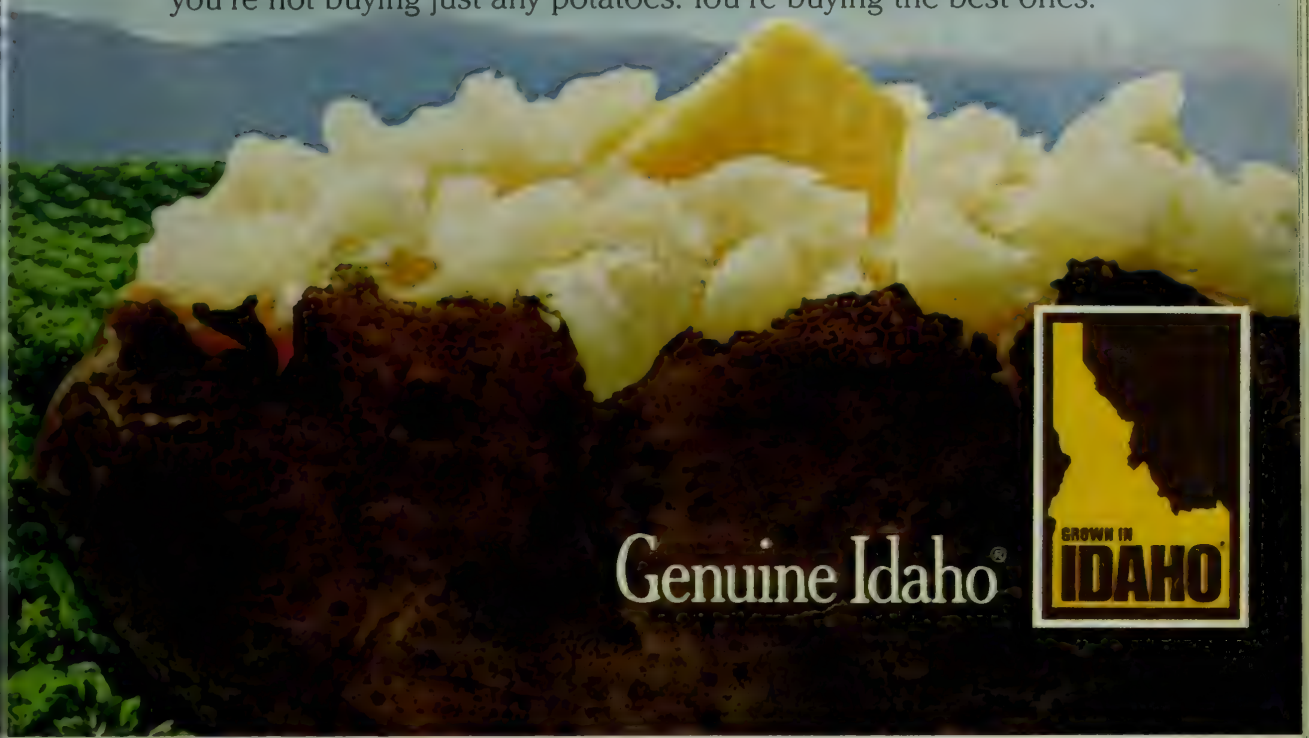
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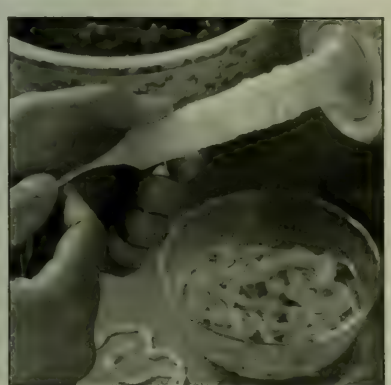
Trim fat on meat to ¼ inch; discard fat. Cut meat into ½-inch cubes. With coarse blade of food grinder, grind *cold* pork **(photo A).** Add onion, garlic, paprika, fennel, coriander, peppers, bay leaf, and 2 teaspoons *salt*. Grind again. (Or, place pork in a food processor bowl. Using a steel blade, process till finely ground. Add the seasoning; process smooth. Stir in onion and garlic.)

Attach sausage stuffer attachment to electric mixer or food grinder with

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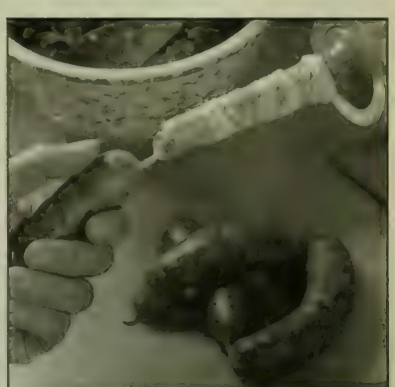




B



C



D

coarse blade attached. Using a 3- to 4-foot piece of wet casing at a time, slip 1 end of casing onto the medium stuffer tube **(photo B).** Slip the remaining casing onto the tube.

Force the meat through tube till even with tube opening. Pull off 2 inches of casing; hold loose end of casing and turn on grinder or electric mixer **(photo C).**

Grind mixture again, allowing it to fill casing. Fill till firm but not too full; tie with string or twist casing when links are 4 to 5 inches long **(photo D).** Repeat with remaining casings and meat. Cut links where tied or twisted. Place the sausage links in a covered container and immediately refrigerate for 1 to 2 days or freeze up to 3 months.

To cook links: Thaw, if frozen. Do not prick casing. Place links in unheated skillet; add ¼ cup *cold water* per half pound of sausage. Cover; cook over medium heat 10 minutes; drain. Cook slowly, uncovered, 8 to 10 minutes more or till fully cooked, turning with tongs occasionally to brown. Makes 3 pounds sausage.

Note: To make patties, omit casings. Prepare and grind meat and seasonings as directed. Shape into patties. To cook, place patties in unheated skillet. Cook, uncovered, over medium heat 10 minutes; turn once. Cover; cook 10 minutes more or till done; turn once. Drain.

Photographs: Scott Little

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File under Breads

$100 WINNER
Dorle Ritsch,
Basalt, Colo.



Spring Breads

Easter Fruit and Nut Bread

3 to 3½ cups all-purpose flour
1 package active dry yeast
½ cup milk
¼ cup sugar
¼ cup butter *or* margarine
¾ teaspoon grated lemon peel
2 egg yolks
2 eggs
1 cup ground walnuts
⅓ cup sugar
2 egg whites
½ teaspoon lemon juice
⅓ cup currant jelly
¾ cup chopped pitted dates

Combine *1½ cups* of the flour and yeast. Heat milk, ¼ cup sugar, butter or margarine, and lemon peel, ¼ cup *water,* and ½ teaspoon *salt* just till warm (115° to 120°). Stir constantly. Add to flour mixture. Add yolks and 1 whole egg. Beat with electric mixer on low speed ½ minute, scraping sides of bowl. Beat 3 minutes at high speed. Using a spoon, stir in as much of the remaining flour as you can. Turn out onto floured surface. Knead in enough remaining flour to make a moderately soft dough. Shape into a ball. Place in greased bowl; turn once. Cover; let rise till double. Punch down. Let rest 10 minutes. Divide dough into *sixths.* Combine walnuts, the ⅓ cup sugar, egg whites, and juice. Set aside. Beat remaining egg and 1 tablespoon *water.* Set aside. Roll each sixth of dough into a 10x4-inch rectangle. Spread *1 tablespoon* of jelly down center third of rectangle. Spread *2 tablespoons* dates and *3 tablespoons* walnut mixture over dates. Overlap long sides of dough over filling. Brush edges with egg mixture; seal. Repeat with remaining dough, jelly, and filling to make 6 ropes. Place 3 ropes, seam side down, on baking sheet; braid and seal ends. Repeat. Brush braids with egg mixture. Cover; let rise till nearly double. Brush again. Bake in 350° oven 30 to 35 minutes. Cover last 15 minutes. Remove from sheet; cool. Makes 2 braids.

File under Eggs & Cheese

$100 WINNER
Olivia H. Heiman,
Hemphill, Texas



Egg Entrées

Peppy Avocado-Stuffed Eggs

Olivia experimented with avocados seasoned with horseradish mustard—

4 hard-cooked eggs
1 avocado
Lemon juice
2 teaspoons prepared horseradish mustard
1 teaspoon lemon juice
1 tablespoon finely chopped onion
2 tablespoons butter *or* margarine
2 tablespoons all-purpose flour
1 teaspoon instant chicken bouillon granules
1 teaspoon dried parsley flakes
½ cup milk
½ cup water
¼ cup chopped fully cooked ham

Peel eggs, halve lengthwise; remove yolks and set whites aside. Halve avocado lengthwise; rub lemon juice over cut edges; set aside. Peel and mash one avocado half. Store remaining half for another use. Combine with egg yolks, mustard, 1 teaspoon lemon juice, and 1 teaspoon *salt.* Mix well. Fill halved egg whites with the avocado mixture; arrange in 2 individual casseroles. For sauce, in a small saucepan cook onion in butter or margarine till tender but not brown. Stir in flour, bouillon granules, and parsley. Combine milk and water; add all at once to flour mixture. Cook and stir till thickened and bubbly. Pour *half* of the sauce over each casserole. Top each with *2 tablespoons* of the chopped cooked ham. Bake, uncovered, in a 325° oven about 15 minutes or till heated through. Makes 2 servings.





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File under Eggs & Cheese

$50 WINNER
Robin Cronin,
Royal Oak, Mich.



Egg Entrées

Brunch Scrambled Eggs

- **1 10-ounce package frozen chopped spinach, thawed**
- **12 eggs**
- **½ cup milk**
- **¼ teaspoon salt**
- **⅛ teaspoon pepper**
- **2 tablespoons butter *or* margarine**
- **1 cup shredded Colby *or* cheddar cheese (4 ounces)**
- **1 cup crumbled feta cheese (4 ounces)**

Drain thawed spinach well, pressing out excess liquid; set aside. In bowl beat together eggs, milk, salt, and pepper. In large skillet melt butter or margarine over medium heat; pour in egg mixture. Cook without stirring till mixture begins to set on the bottom and around edges. Using a large spatula, lift and fold partially cooked eggs so uncooked portion flows underneath. Stir in spinach, Colby cheese, and *half* of the feta cheese. Continue stirring as mixture cooks 2 to 3 minutes or till eggs are cooked through but are still glossy and moist. Transfer to serving platter; sprinkle with remaining feta cheese. Makes 6 servings.

Buying information, page 173.

File under Breads

$50 WINNER
Susan Milotich,
San Carlos, Calif.



Spring Breads

Pineapple Spice Scones

Susan serves these tropical scones as a special breakfast or afternoon treat—

- **3 cups all-purpose flour**
- **⅓ cup sugar**
- **2½ teaspoons baking powder**
- **½ teaspoon salt**
- **¾ cup butter *or* margarine**
- **1 8-ounce can crushed pineapple (juice pack)**
- **Light cream *or* milk**
- **3 tablespoons chopped macadamia nuts *or* almonds**
- **1 tablespoon sugar**
- **½ teaspoon ground cinnamon**

In mixing bowl stir together flour, ⅓ cup sugar, baking powder, and salt. Cut in butter or margarine till mixture resembles coarse crumbs. Make a well in center. Stir in *undrained* pineapple till dry ingredients are just moistened (dough will be sticky). On lightly floured surface knead gently 10 to 12 strokes; roll dough to ¼-inch thickness. Cut with floured 2½-inch biscuit cutter. Place on ungreased baking sheet. Brush tops with cream or milk. For topping, combine nuts, the 1 tablespoon sugar, and cinnamon. Sprinkle about *1 teaspoon* mixture over top of each scone. Bake in 425° oven about 15 minutes. Serve warm. Makes 21.

Photographs: Scott Little

Introducing the Philly 15 minute cheesecake.



It's as easy as 1, 2, 3.



"PHILLY" 15 MINUTE* CHEESECAKE

cup graham cracker crumbs
tablespoons sugar
tablespoons PARKAY Margarine, melted
* * *
8-oz. pkgs. PHILADELPHIA BRAND Cream Cheese, softened
cup sugar
eggs
cup small semi-sweet chocolate pieces
teaspoon vanilla

mbine crumbs, sugar and margarine; press onto ttom of 9-inch springform pan.

mbine cream cheese and sugar, mixing at medium ed on electric mixer until well blended. Add gs, one at a time, mixing well after each addition. nd in chocolate pieces and vanilla; pour over st. Bake at 450°, 10 minutes. Reduce oven nperature to 250°; continue baking 35 minutes. osen cake from rim of pan; cool before removing of pan. Chill.

to 12 servings

soften cream cheese: unwrap; microwave on dium (50%) for 30 seconds per package

eparation time

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KRAFT



Win Money



Prize Tested Recipes

FAST BREADS AND COFFEE CAKES

CHILI RECIPES

Can you prepare your favorite bread or coffee cake on short notice? Do you have a sensational chili recipe that wins raves at your house? Send us your original recipes—you could be a winner. Two Cooks of the Month receive $100 each, four Runners-Up receive $50 each, and six Honor Roll winners get $25 each. Selected recipes will be pictured on the Prize Tested Recipes pages next November. Winners receive a framed Certificate of Endorsement and six copies of their recipe.

Hints To Help You

Fast Breads and Coffee Cakes: Submit your original recipe for a loaf, muffin, roll, or coffee cake that's streamlined and ultraeasy to make. Is your vegetable- or cheese-filled loaf based on frozen bread dough? Perhaps your muffin recipe goes together double-quick thanks to the blender or food processor. **Hints: cherry-strudel muffins; pepperoni, cheese, and herb braid; 1-2-3 brioche cups; 20-minute wheat and raisin loaf.**

Chili Recipes: Either your long-simmering or fast-cooking chili recipe could be a winner. Is your secret meatless bowl-of-red based on a unique bean concoction? Does canned soup or prepared spaghetti sauce give your recipe an easy start? **Hints: blonde chili soup; microwave chili for two; three-pepper chili; California-style chili.**

This Month's Winners

(See recipes on pages 131 and 132.)

Cooks of the Month

Olivia Heiman, Hemphill, Texas
Dorle Ritsch, Basalt, Colo.

Runners-Up

Robin Cronin, Royal Oak, Mich.
Susan Milotich, San Carlos, Calif.

Honor Roll

Lisa Bradford, Provo, Utah
Hulda Harris, Metairie, La.; Elizabeth Keenan, Aspen, Colo.
Joyce Milburn, Anaheim, Calif.; Mrs. Tina Principato, Hampton, N.H.
Jean M. Weber, Athens, Ga.

Contest Rules

1. Clearly write your name, address, and recipe marked "November Fast Breads and Coffee Cakes" or "November Chili Recipes." **2.** Specify brand names of food products you use. **3.** Include 50 to 100 words about the origin of the recipe. **4.** If your recipe is purchased, you give Meredith Corporation the right to use it in any manner for as long as we wish. **5.** Entries must be postmarked by midnight, April 30, 1985. If recipe duplicates are submitted, the one earliest postmarked will be judged. **6.** We reserve the right to adjust and edit winning recipes. **7.** Address the recipes you enter to 8511 Food Department, Better Homes and Gardens, Des Moines, IA 50336. **8.** All entry materials become the property of the Meredith Corporation.



Sara Lee Cinnamon-Nut-Raisin Croissants make your morning delicious.

Inside and out.

Morning starts out warmer and much more delicious when it starts with a Sara Lee Cinnamon-Nut-Raisin Croissant. Outside, it's a flaky, all-butter Sara Lee Croissant. Inside, it's sweet, plump raisins, tender walnuts, and imported cinnamon.

Sara Lee Croissants also come delicately filled with succulent strawberries. Sweet, tangy apples. Creamy chocolate. Try them all and taste how much more delicious your morning can be.

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Turn on a Brite shine
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No-wax floors
Brilliant Shine Won't Build Up

BUILDING

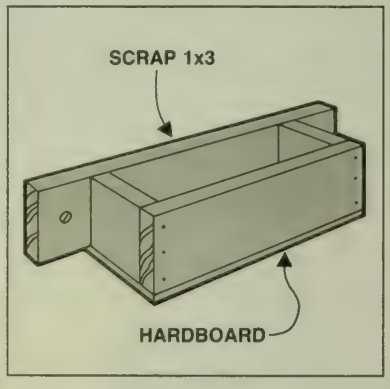
TIPS, TOOLS & TECHNIQUES

This feature is written by you. It's a collection of installation tips and shop shortcuts that you—and millions like you—have picked up as do-it-yourselfers. We pay $25 for each tip we publish. See the box below for submission details.

PROBLEM: The smaller winter outerwear items like hats, gloves, mittens, and scarves get tucked into pockets, or stuck into any available nook in the closet. Later, you have to search for them.

SOLUTION: Make a small box of 1×3 scrap pieces like the one below. Add a hardboard bottom, and screw this box to the back of the closet door. Then deposit small items in this box. Park your keys and wallet in it too.

R. Brightman, N.Y.



PROBLEM: The floor mats in the car keep curling up and folding over on your feet, or else they slide back under the seat.

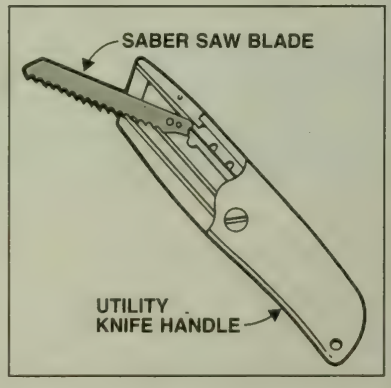
SOLUTION: Glue the looped part of a Velcro fastener to the underside of each mat in each of the four corners. A household instant glue does the best job. The loops in the fastener will then grab the carpet on the car floor and keep mats in place.

S. Sloper, Calif.

PROBLEM: You have a small sawing job in close quarters. Even the smallest keyhole saw is too large because of blade length.

SOLUTION: Carry a saber saw blade in your toolbox. Place it in a utility knife handle so the corner of the blade locks in against the little knob as shown here. Screw the mating half of the handle down tight.

D. Barrick, Pa.



PROBLEM: When hand-sanding curved and intricate parts of furniture, your sandpaper tears along the edges or it wears through in one spot before it is well-used.

SOLUTION: Apply duct tape to the back of the paper. Smooth the tape down for good contact. The sandpaper remains perfectly flexible, and it is just as easy to use. Also, you can apply tape to the back of paper you use in your sanding block or orbital sander.

N. Senkiw, N.Y.

continued on page 138

Do you have handy do-it-yourself suggestions and/or shortcuts you'd like to share? Mail them to Tips, Tools, and Techniques, *Better Homes and Gardens,* 1716 Locust Street, Des Moines, IA 50336. We will pay $25 for each idea accepted for publication and reserve the right to shorten or otherwise edit all copy. Your materials will be acknowledged, but not returned. If your tip is purchased, you give Meredith Corporation the right to use it in any manner and for as long as we wish. We do not accept previously published ideas.

Five important things to know before you buy a home appliance.

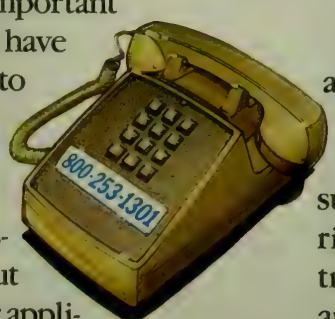
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*Call 800-253-1301.
In Alaska and Hawaii, 800-253-1121.
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Whirlpool
Home Appliances

Making your world a little easier.

continued from page 136

PROBLEM: Your car's finish has some small spots that require touching up. You've found a good matching color in a spray can, but you don't want to spray the paint on as this would cover an area much larger than the spot.

SOLUTION: Shape a cup from aluminum foil. Spray a small amount of paint into the cup. Use an artist's paint brush to apply the paint. Apply one coat and let it dry for one day, then apply a second coat. Later, rub the spot out with rubbing compound.

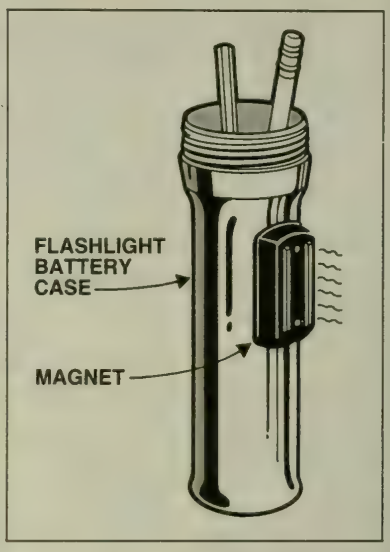
A. Kastrup, Ohio

PROBLEM: Stirring paint always requires a tool you must clean or a stick you must throw away.

SOLUTION: Put a few ⅜-inch nuts in the can and replace the top. Then shake the can. The nuts act as agitators. You can leave the nuts in oil base paints to use next time.

H. Houck, N.Y.





PROBLEM: You never seem to have a sharp pencil within safe reach when working with your table saw or other large power tool.

SOLUTION: Remove the bulb end of an old magnetic flashlight. In the battery case that has the magnet attached, pour sawdust to about half full. Stick a few sharp pencils in the sawdust and then attach the case to any handy metal surface close to where you're working.

R. S. Ball, Wash.

PROBLEM: Applying liquid detergent to dirty collars, or soiled spots is a time consuming and messy job.

SOLUTION: Fill an empty roll-on deodorant bottle with your favorite lequid detergent. Then, just roll it once over soiled areas before the wash.

D. Breines, N.Y.

PROBLEM: When you try to patch holes in a masonry wall, your cement mix keeps sliding down. No matter how dry the mix, you just can't seem to work the stuff smooth before it starts to slump out.

SOLUTION: Drive a few masonry nails into the area to be patched. Drive the heads in far enough to be below the surface of the patch. Now, when you apply the cement, it will cling to the nails long enough to be worked smooth.

T. Rogers, Tenn.

Insider's Guide to New Pillsbury Pudding Pockets



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"Until now, the frosting was the yummiest part of a cupcake."



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◇ ◇ ◇ ◇

PEOPLE & PETS

PICTURE YOUR PETS IN *BH&G*



BH&G Editor David Jordan and four of his favorite pets.

Even busy folks like *Better Homes and Gardens* editor David Jordan need to relax now and then. That's easy when you have pets around. Shown with David are four of the seven dogs and cats that call the Jordan house home. Scoop, the newest member of the family, is an irresistible yellow tabby kitten. With him are his three canine pals (left to right): Coco, the 15-year-old matriarch of the family; unpredictable little Daisy, whose favorite snack tends to be the mailman; and easygoing Guido, who keeps tabs on everyone in the neighborhood. Declining to be photographed were the Jordans' three full-grown felines: Zelda, Elliot, and Lily.

• • •

If you'd like to have your pet featured in one of our "People & Pets" columns , send us a picture (color slide is preferred) of you and/or other family members and your pet, along with a letter telling us in 100 words or less why you think your pet is special. All letters and photography received become the property of *Better Homes and Gardens* magazine and will not be returned.

Photograph: Scott Little

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

smoke
please try Carlton.

CAT INFO CLEARINGHOUSES

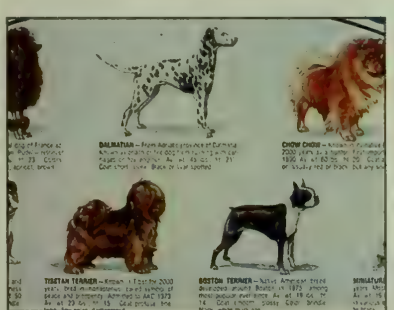
Thinking about buying a purebred cat? Following are two sources of helpful information.

- The Cat Fancier's Data Center operates a free referral service that supplies names and addresses of people in your area who sell the breed of kitten or cat you're seeking. Send the name of the breed and a self-addressed, stamped envelope to Cat Fancier's Data Center, 77 Essex Ave., Montclair, NJ 07042.
- The April issue of *Cats Magazine* lists names and addresses of more than 1,000 catteries, organized by state and according to the breeds in which the catteries specialize. To get a copy, send $2 to Subscription Dept., *Cats Magazine,* Box 37, Port Orange, FL 32029.

Both contacts also have addresses of cat breed clubs that can provide information about characteristics of breeds to help you choose a pet that suits you.

GUIDE TO THE DOG WORLD

Gaines' attractive new dog wall chart provides an introduction to the world of canines through color drawings, brief descriptions, and histories of 133 different dog breeds. The chart includes all seven purebred groups recognized by the American Kennel Club. To get a copy, write to Gaines Dog Chart, Box 8177, Dept. BHG, Kankakee, IL 60902 (send $1.50 per folded chart, $2.50 each for rolled charts suitable for framing).

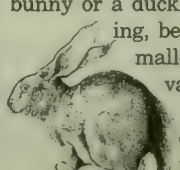


REWARDING CAREER: HELPING PETS

With two years of college, you can begin a career as an animal technician, the veterinary equivalent of a nurse or laboratory assistant. Some 58 accredited animal technology programs offered across the country train students to assist veterinarians in zoos, veterinary hospitals, and other animal-care facilities. For a free copy of the American Veterinary Medical Association's brochure *Your Career in Animal Technology,* send a stamped, self-addressed envelope to the American Veterinary Medical Assoc., 930 N. Meacham Rd., Dept. BHG, Schaumburg, IL 60196.

SAY "NO" TO EASTER-PRESENT PETS

If you surprise your youngster with a bunny or a duckling on Easter morning, be sure it's the marshmallow or chocolate variety. Unfortunately, most of those cuddly creatures featured in pet shops and special Easter displays die young due to improper care or are abandoned soon after Easter. Buying any pet should be a carefully considered decision.



IT'S PET VACCINATION TIME

Spring is a good time to get your dog or cat set for a fun summer by checking with a veterinarian to make sure your

continued

Now make fabrics fresh as spring!

New Glade Fabric Fresh. The quick, easy way to eliminate problem odors from fabric surfaces in your home, like drapes and upholstery.

Its special dry aerosol formula is safe and doesn't stain, or leave a powder look.

New Glade Fabric Fresh. Freshens fabrics fresh as spring.





Fresher fabrics mean a fresher home.
Glade Fabric Fresh

Good Housekeeping PROMISES

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PEOPLE & PETS

continued
pet's vaccinations are up to date.

Dogs should be vaccinated and receive booster shots for seven common diseases: rabies, leptospirosis, parvovirus, distemper, hepatitis, parainfluenza, and canine tracheobronchitis.

Serious ailments for which cats should be vaccinated include: feline leukemia, rabies, feline pneumonitis, panleukopenia, rhinotracheitis, and calicivirus. Growing numbers of rabies cases reported in cats make rabies vaccinations more important than ever.

Some of these vaccines can be given in combination shots.

KUDOS FOR CANINES

Know a dog that's a hero, or just a good companion? You can nominate him for a national award.

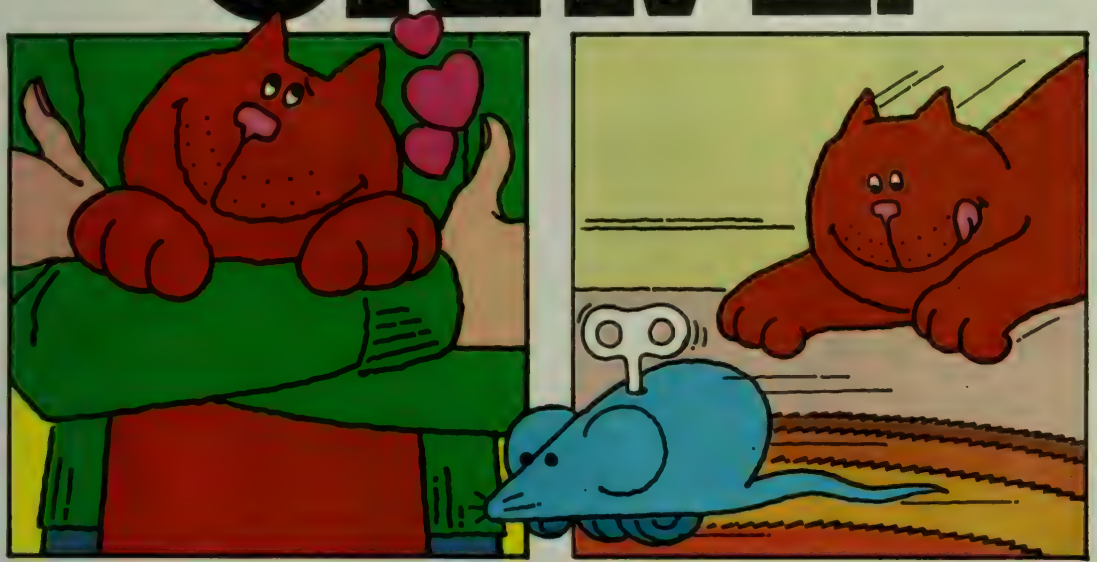
- Each year, the Ken-L Ration Dog Hero of the Year award goes to a canine that performs a feat of remarkable heroism. For instance, Villa, a Newfoundland that recently won the award, scaled his fenced pen to rescue a girl buried in a snowdrift. To nominate a dog, send a detailed account of the animal's heroism to Ken-L Ration Dog Hero of the Year, Box 10446, Dept. BHG, Kansas City, MO 64111. Deadline for entries is October 1.
- To enter Purina Dog Chow's contest, Search for the Great American Dog, send a photo of your favorite pooch posing with a family member, along with a 50-word essay telling why your dog is great. Dogs need not be full-fledged heroes, just good friends and companions. Entry forms start appearing on packages of Purina Dog Chow in April.

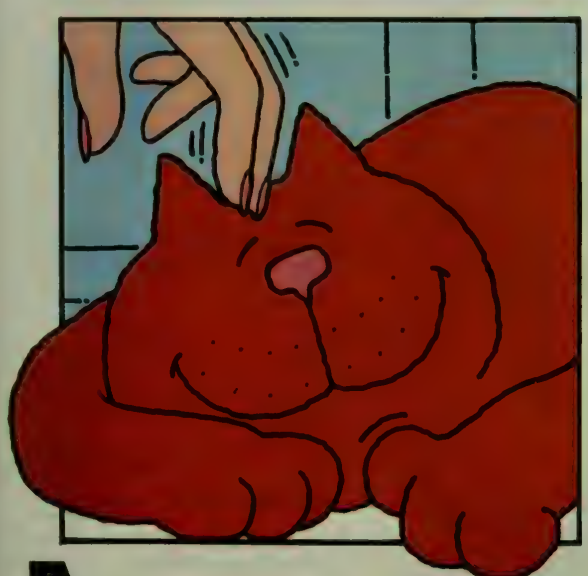
MICROCHIP CHECK TO LOCATE LOST PETS

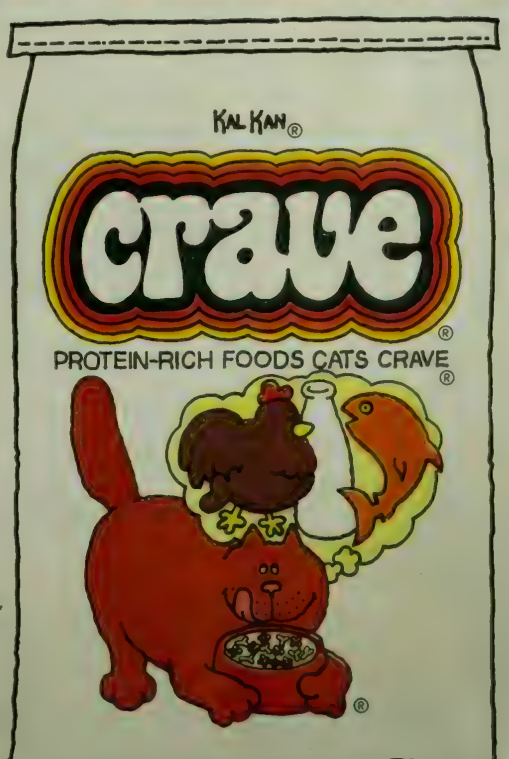
Computer technology may provide a high-tech solution to an age-old problem: lost pets. A Colorado firm plans to introduce a microchip version of the dog tag, which veterinarians can safely implant just beneath a pet's skin. Each microchip contains a numerical code that registers on a scanning device when it's passed across the microchip. The code can be used to identify lost pets and contact their owners.

The microchips may be marketed as
continued

WHAT CATS CRAVE.







A great big hug. His favorite toy. And of course, the real chicken, milk and tuna proteins he craves in CRAVE® dry cat food.

He may still love you if you lose his rubber mouse. But don't risk a single day without his CRAVE.

It's just not worth it.

KAL KAN®

THE PROTEIN-RICH FOODS CATS CRAVE®

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PEOPLE & PETS

continued

early as next year. For details, contact your veterinarian or Paul Weiss, Identification Devices, Inc., 9101 Harlan St., Suite 300, Westminster, CO 80030.

PET REMEMBERANCES

You can keep a fun record as your puppy or kitten grows up with two new albums, called *It's a Dog's Life* and *My Cat-alog*. The albums are convenient for storing pet medical records and registrations, as well as snapshots and personal accounts of memorable moments with your pet. Albums cost $12.50, plus $1 postage, from Inky Dinky, Inc., 629 Terminal Way No. 12, Costa Mesa, CA 92627 (specify a dog or cat album).

DOG OBEDIENCE CLASSICS SET

Even if you and your favorite canine don't participate in dog obedience training, you'll enjoy watching dogs and handlers perform at upcoming competitions in preparation for the Super Bowl of the dog-obedience world, The 1985 Gaines Dog Obedience Championships. Dates and locations for this year's regional meets follow, along with information contacts. The championships are scheduled for Long Beach, California, on December 7 and 8.

- **Eastern Regional**—June 1 and 2 in Nashville, Tennessee (Lockie Treanor, 3001 Brightwood Ave., Nashville, TN 37212).
- **Western Regional**—August 10 and 11 in Albuquerque, New Mexico (Nancy Pollock, Box 1831, Corales, NM 87048).
- **Central Regional**—September 14 and 15 in Duluth, Minnesota (Dan Herald, 2522 N. Tischer Rd., Duluth, MN 55804).

PUT YOUR POOCH IN PICTURES

Is your dog photogenic? You can make him famous and earn cash prizes for yourself in the American Kennel Club's annual photo contest. Categories include both black-and-white and color photos of purebred dogs in amateur and professional divisions. For rules, deadline, and contest theme, contact Jeff Dorl, *Pure-Bred Dogs/American Kennel Gazette*, Photography Contest, 51 Madison Ave., New York, NY 10010.

The Great Spring Hardware Sale

March 28-April 20, 1985

WIN AN EXOTIC CRUISE FOR TWO ON NORWEGIAN CARIBBEAN LINES...











AND GETTING THERE ON DELTA AIR LINES IS HALF THE FUN!







Enter the 1985 Great Spring Hardware Sale Sweepstakes and save on famous brands at your local Hardware/Home Center Store.

During the Great Spring Hardware Sale, enjoy tremendous savings on famous national brands and enter the big Sweepstakes. You may find yourself on a free trip aboard Delta Air Lines to an exotic Caribbean cruise for two on the Skyward*! Plus . . . there are hundreds of other prizes. Now is the time for special prices and offers on name-brand hardware. And now is the time to enter and win that cruise of a lifetime. Simply fill out the coupon and deposit at your participating store.

*Ship Registry Norway.

Shop now for the special values on following pages!

Note: Some participating stores may not stock all items shown.

NRHA National Retail Hardware Association

GREAT SPRING HARDWARE SALE SM

Use this coupon to enter.

I want to win a FREE Caribbean Cruise. So enter me in the Great Spring Hardware Sale 1985 Sweepstakes.

Name _____

Address _____

City _____ State _____ Zip _____

Dealer's Name _____

Dealer's Address _____

City _____ State _____ Zip _____

Nothing to buy or write. Enter before April 30, 1985.

Sweepstakes subject to Federal, State and Local laws. Void where prohibited by law. All prizes will be awarded on a national basis.



*One Night Eye™ per customer.

FREE CRIME STOPPER!

It's valued at $7.95! And Schlage will send this security device to you absolutely free when you buy any Schlage keyed lock.* The Night Eye™ helps prevent crime by automatically turning outdoor or indoor lights on at dark and off at dawn. And it screws right into standard light sockets.

$25,000 GIVEAWAY!

No purchase is necessary to enter Schlage's big $25,000 Giveaway. If you win, Schlage will send you a $50 gift certificate, redeemable for any merchandise at your local Schlage dealer. A total of 500 gift certificates will be awarded. Both offers expire June 30, 1985. While in the store, be sure to look for Schlage's new Double Security Set complete with keyed lock and deadbolt.

SCHLAGE

Part of worldwide Ingersoll-Rand

Vermont American

Spring SPRUCE-UP Specials

A 5" CLING-SAN™ SANDING DISC KIT
No. (50)17020
The ultimate finishing system. Special Velcro® backpad grips sanding discs quickly and securely. Discs outlast sandpaper 4-to-1.
REG. SUGGESTED PRICE $5.45
SPECIAL SUGGESTED PRICE **$4.89**

B SPECIAL OFFER 7-7-1/4" CARBIDE BLADE & NAIL APRON
No. (50)01515
Popular 20-tooth, cutoff/rip, carbide-tipped blade with free nail apron. See special merchandiser featuring blades and aprons.
REG. COMBINED VALUE $12.45
SPECIAL SUGGESTED PRICE **$9.85**

C 6-PIECE HANDI-DUTY™ SCREWDRIVER SET
No. (50)50848
Features popular sizes for home, shop and auto. Full-size handles with sturdy tool-steel blades. Unique display/storage rack.
REG. SUGGESTED PRICE $6.50
SPECIAL SUGGESTED PRICE **$5.59**

D 5-PIECE HOLE SAW SET
No. (50)18398
Popular sizes 1-1/4, 1-1/2, 2, 2-1/8" with mandrel. For wood, plastic, composition, and thin soft metals. Heat-treated carbon alloy steel.
REG. SUGGESTED PRICE $10.95
SPECIAL SUGGESTED PRICE **$8.75**

E NEW VEND-A-BIT™ 15-PC. DRILL SET
No. (50)10246
Features 15 high speed steel drill bits from 1/16" through 3/8". Convenient new refill organizer makes bit selection quick and easy.
REG. SUGGESTED PRICE $22.50
SPECIAL SUGGESTED PRICE **$18.79**

F 6-PIECE ROUTER BIT SET
No. (50)22992
Most needed bits for general stock removal, slotting, grooving and decorative edging. High speed steel with super sharp edges. For extra value our new hang slot router bit is included free!
REG. COMBINED VALUE $27.95
SPECIAL SUGGESTED PRICE **$17.49**



LOOK FOR THESE VALUES AT PARTICIPATING VERMONT AMERICAN DEALERS

ardware Store or Home Center

THE RIGHT STUFF FOR SPRING SPRUCE-UP: DURO AND WAGNER.®

GET A WAGNER GLASS MASK™ OR MASK-IT™ ABSOLUTELY FREE...



The Glass Mask Liquid Masker and Scraper Kit is the easy two-step system for painting window trim. Kit includes scraper and enough solution to mask 20 average windows. Professional results!

With the new Mask-It Tape Applicator you'll dispense standard one-inch masking tape quickly and accurately using just one hand. Unit features adjustable cutting blade for sharp, square corner cuts. Belt clip included.



...WHEN YOU BUY THE RIGHT TOOL FOR PAINTING®— THE WAGNER POWER ROLLER®...



Cut painting time dramatically with this powerful compact unit. You control the paint flow by a trigger switch on the roller handle and distribute paint smoothly and uniformly. Features a flexible 18-foot hose, easy clean-up and rugged construction for long use-life.



...AND BUY ANY TWO DURO™ HOME CARE PRODUCTS TO DURO™ IT RIGHT!

Now you can fix up almost anything in the house with PERFECT MATCH™ Restoration Kits for countertops, floors, walls, marble, tile, and fiberglass. Repair everything from concrete to glassware with MASTER MEND™ E-POX-E® Systems. EXTEND® Rust Treatment Products destroy old rust and prevent new rust. And the full line of corrosion-removing DURO™ "jellies" eliminates rust, tarnish and stains from almost any surface.

Visit your favorite hardware/home center or hardware department for bonus offer details.

WAGNER
The Right Tool for Painting.

DURO IT RIGHT!™

The right thing to fix almost anything

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Fix it. Build it. Do it. With Stanley Tools.

Save on PROFESSIONAL™ POWERLOCK® Tape Rule #33-312

Easy-to-read ¾"-wide blade is 12' long. Features positive blade lock. Stud marking every 16 inches.

Save on WORKMASTER® Magnetic Tip Screwdriver #66-801

Five screwdrivers in one—3/16" and 9/32" slotted /#1 and #2 point Phillips. T-15 TORX bits. Handle stores bits.



Save on HANDYMAN® Handsaw #15-526

26" 8-point crosscut handsaw. High carbon steel blade. Machine set and bevel sharpened teeth for accurate cutting. Select hardwood handle.

Save on HANDYMAN® Carpenter's Level #42-224

24" lightweight aluminum level. Features three replaceable catseye 360° vials—two plumb, one level.

See your Stanley Tools retailer for great savings on these and other spring fix-up specials.

STANLEY helps you do things right®

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ANY OTHER METHOD OF REFINISHING COULD COST YOU AN ARM AND A LEG.

Scouring and scraping to remove paint from turned spindles or carved detailing with a liquid-based stripper can damage furniture.

But with the Norton *Un-Paint Bucket*™ Paint Remover Kit old paint peels off any surface quickly, easily, and safely.

Protect your clothing too. Wear Norton *Protective Coveralls*. Lightweight. Breathable. And durable. For sanding, rely on Norton *Power Sanding Accessories*—belts, discs, and sheets with job-specific applications.



NORTON

uring The Great Spring Hardware Sale

Great Values and Rebates Spring from Black & Decker.



Great Lawn and Garden REBATES!

10" Push-Button Feed Weed Trimmer

Enjoy fingertip line control. Simply push feedbar in auxiliary handle for more line—no stopping or jamming. Full one-year warranty. U.L. listed. #8251

$10 REBATE*

16" Hedge Trimmer

General-purpose 16" trimmer blades cut in either direction. Wrap-around handle for added control. Full one-year warranty. U.L. listed. #8124

$5 REBATE*

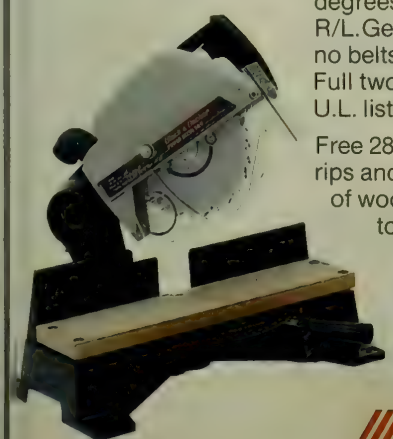


*Rebates offered directly from Black & Decker when purchased between March 2 and July 14, 1985.

FREE Power Tool Accessories!

Yours FREE...8" Carbide-Tipped Saw Blade with purchase of a 9" Power Miter Saw

Handle all those difficult jobs with a powerful 2-HP ball-and-sleeve bearing motor. Cuts miters to 47 degrees R/L with five positive stops at 0 degrees, 22½ degrees and 45 degrees R/L. Gear-driven blade—no belts to slip or break. Full two-year warranty. U.L. listed. #7715



Free 28-tooth carbide blade rips and crosscuts all types of wood. Offer good March 3 to June 30, 1985



Redeemable from Black & Decker.

Get a FREE Bench Mounting Accessory with purchase of a 3"x 21" Belt Sander

Get the job done fast with 14 square inches of sanding surface. Features auxiliary front handle and light weight for superior control. Full two-year warranty. U.L. listed. #7447

Free Bench Mounting Accessory converts sander to stationary bench-top tool! Offer good through June 30, 1985





BLACK & DECKER

The Great Spring Hardware Sale...Now a

Spring brings new values from Skil.



This spring Skil offers you remarkable values on four of our finest performance machines.

Our #4395 Vari-Orbit Scrollsaw, the world's only automatic scrolling, variable orbit, jigsaw now comes with a bonus pack of five free blades, a $5.99 value. The versatile #7102-2 Sandcat Belt Sander comes with three free sanding belts, valued at $9.99. Our world famous #5250 Circular Saw, the saw by which all others are measured, is very specially priced for a limited time. And the #2305-2 Cordless Screwdriver Kit, the small wonder that drives 500 screws on a single charge, now comes with a free charger stand, a $9.99 value.

If you've been waiting to upgrade your workshop, now is the time to do it.

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SUBSIDIARY OF EMERSON ELECTRIC CO
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SKIL® We build tools that last and last and last.

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Two new tools from True Temper® for gardening ease. Now specially priced along with other popular True Temper tools at participating dealers.



Unique head design permits working behind plants and in confined areas.

Three cutting edges to hoe, furrow, aerate and weed. Excellent for working soil without disturbing mulch.

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Genova

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...Yes it's true—you'll never have to climb another ladder to clean your gutters again! Thanks to Raingo—the unique gutter system. Raingo's patented ridges, Highflo™ Drop Outlet and Leafgo™ Debris Separator work together to keep your gutters free of leaves and debris...And Leafgo's new design with more grates is a sure winner!



- Exclusive Raingo ridges reduce ice, heat and debris buildup.
- Remember to ask for Raingo brand vinyl "snap-together" guttering systems available in white or musket brown.

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NEW! Blue Lustre®

Flea Killer for Carpets

Pets and fleas . . . you can't have one without the other. When dogs and cats come inside, their fleas, ticks and other insects move into your carpets to live and breed. Now, get rid of these pests for very little scratch. Get two 16-oz. cans of Blue Lustre Flea Killer for Carpets for the price of one. Easy to use and effective. Just sprinkle on powder, brush lightly, wait 60 minutes and vacuum. Leaves a pleasant fragrance. If you have pets, you need Blue Lustre Flea Killer for Carpets. You can't have one without the other.





Storewide Savings and Special Values



With Con-Tact® Brand decorative coverings.

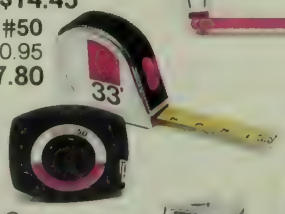
It's easy with Con-Tact® Brand Decorative Coverings. Just measure, cut and press in place. With a full range of colors and patterns, Con-Tact® Brand Decorative Coverings let you turn anything old into something new.

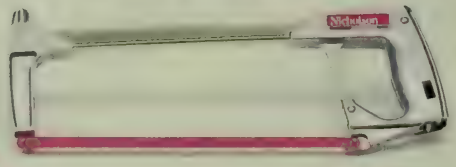


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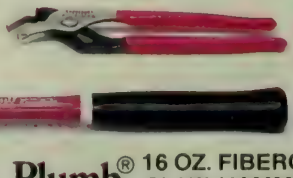
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Lufkin® TAPES
1" x 33' Power Tape XL33
Reg. list $20.30
Special $14.45
3/8" x 50' Long Tape #50
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HACKSAW FRAME 12P
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Reg. list $9.00 **Special $7.50**
Metalmaster Offset Snips
Circle Left M-6R
Circle Right M-7R
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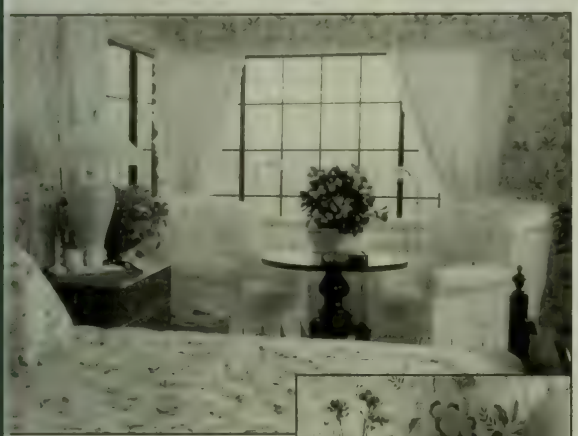
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Setups for Sharing

etting away with someone special only akes a slice of space and the right state of ind. Begin with some soft chairs, a table or two, and a generous sprinkling of ender loving touches. Add a lazy Sunday orning and you're ready to luxuriate ithout ever leaving home.



OOM WITH A VIEW

Self-indulgence is essenal to an at-home escape. A nny window, warmed by erstuffed lounge chairs ound a petite pedestal tae (*above*), make settling to this bedroom refuge early irresistible. For good easure, add a fragrant owering plant.



Little touches like a bedside tray bespeak luxury.

Photographs: de Gennaro Studios. Design: Marion Oxspring. Field editor: Sharon Haven



E IT EVER SO HUMBLE

For want of a better space, this bistrolike getaway (*above*) ts right in the middle of the kitchen. At the heart is an ordiary glass-topped patio set, transformed by frilly trims and owery prints into a blatantly romantic tête-à-tête. Ruffled ashions and pretty china provide the unabashed sentiment.

otograph: Maris/Semel. Design: Linda Podell. Field editor: Bonnie Maharam

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Only $15.00!

Add a practical and decorative look to your bath and enjoy a FREE bonus offer.

Choose from 3 fashion colors: Powder Blue, Vanilla or Peach.

FREE!



Order now and receive a matching pair of our popular "Bath Bee" plaques free with each clock. A $2.50 value. 3¼" x 4" each.

A beautifully designed wall clock that will look great in your bath. Precision quartz battery movement is engineered for accuracy. Choose from 3 designer colors (Powder Blue, Vanilla, or Peach) that coordinate with any color scheme. 13½" x 9" with sweep second hand, protective cover and no unsightly cord. Great gift idea! Act today.

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Yes! Please rush my order today!

#802310 Powder Blue Clock _____ (qty.)
#802308 Vanilla Clock _____ (qty.)
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$15.00 + $2.50 shipping for each clock ($17.50).

Total $_____
Sales Tax (NYS residents only) $_____
Total Enclosed $_____

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Charge to ☐ MasterCard ☐ Visa ☐ American Express

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"GOOD MORNING. YOUR EGGS ARE FRYING, YOUR BACON IS CRISP, AND YOU'VE JUST TRAVELED 400 MILES."



While you were sweet dreaming on your pillow, Amtrak was whisking you 400 miles closer to your destination, and you didn't even bat an eye.

Now Amtrak's full service kitchen is preparing breakfast to your order, and it will be served with a smile and a passing view. Where else but on one of the most advanced passenger train systems in the world... Amtrak.

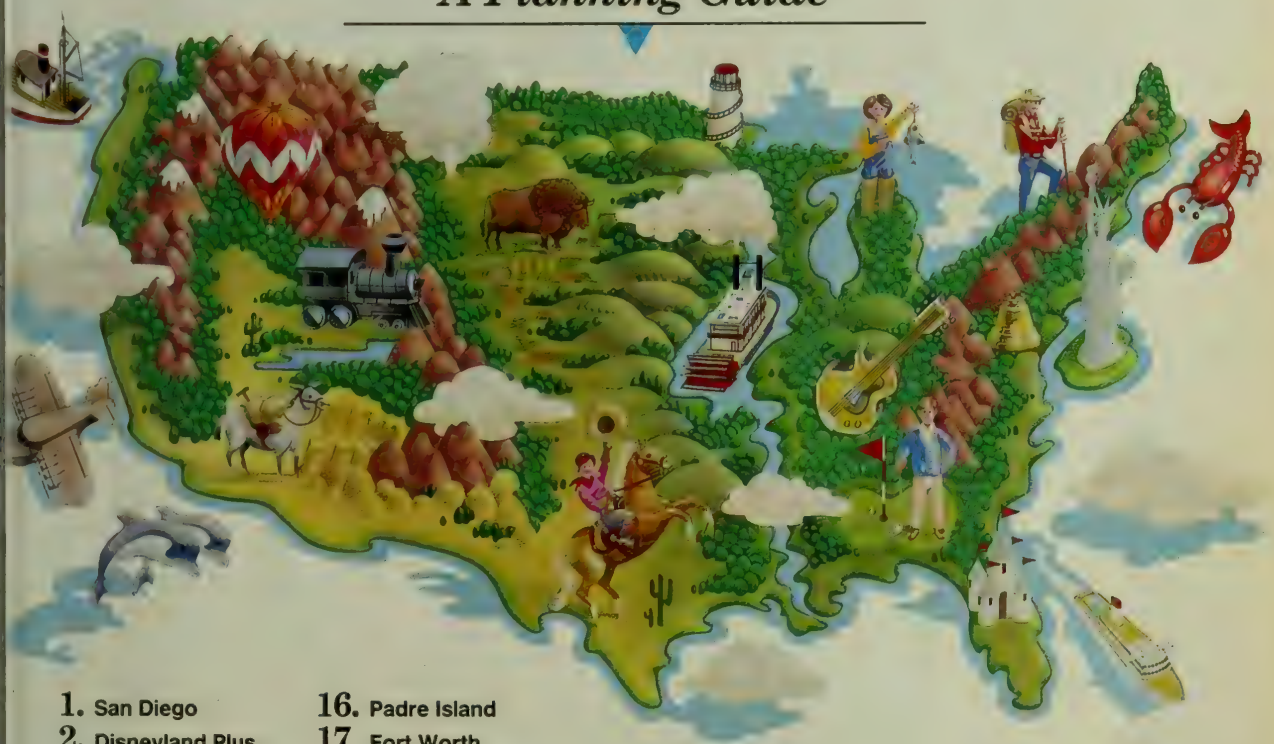
In the last 10 years, Amtrak has replaced 75% of its trains with all new equipment, and has refurbished the other 25%. We boast one of the best on-time performance records of any carrier in the transportation industry. Our computerized reservations system is second to none, and now there are over 10,000 travel agents at your service.

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ALL ABOARD AMTRAK

DESTINATION U.S.A.

30 Great Family Vacations: A Planning Guide



1. San Diego
2. Disneyland Plus
3. Cascade Mountains
4. Olympic Peninsula
5. Sun Valley
6. Lake Powell
7. Grand Canyon
8. Grand Teton and Yellowstone Parks
9. River Rafting
10. Rocky Mountain National Park
11. San Juan Mountains
12. Black Hills/Badlands
13. Lake Superior Shore
14. Great River Road
15. Ozarks
16. Padre Island
17. Fort Worth
18. Resort State Parks
19. Lake Erie Shore
20. Philadelphia
21. Pennsylvania Dutch Country
22. New York City
23. Stowe
24. Maine's Coast
25. Maryland's Tidewater Shore
26. Colonial Virginia
27. Callaway Gardens
28. Nashville
29. Central Florida
30. Family Cruises

By Barbara Humeston and George S. Bush

It's never too soon to start thinking about your summer's vacation. With this roundup of ideas that span the nation, you'll be set to start out in no time. We personally tried each vacation included and contacted all information sources listed, so they're waiting to hear from you.

continued

Illustration: Jim Buckels

continued

CALIFORNIA

San Diego

This joyous southern California city is a continuous celebration of the bright sun and blue sea. There are beaches galore, harbors abustle with pleasure boats, lagoons sprinkled with colorful sails, parks bursting with blooms. Vacation attractions range from historical sites reminiscent of the city's early Spanish days to a remarkable collection of wildlife habitats.

At Sea World, a great marine park, a chunk of Antarctica has been re-created so authentically that penguins live here as they do at home. At the San Diego Zoo, among the world's finest, babies of rare species are nurtured. African and Asian beasts roam the San Diego Wild Animal Park in suburban Escondido, where you observe them by monorail.

Accommodations and restaurants from simple to fancy abound in San Diego—along the water and in the hills overlooking the city.

Information: San Diego Convention & Visitors Bureau, 1200 Third Ave., Suite 824, Dept. BHG, San Diego, CA 92101.

OREGON

The Cascade Mountains

Anchored by Crater Lake to the south and by Mt. Hood and the Columbia River to the north, the Cascade Range stretches for 265 miles through the western third of Oregon. The area supplies the perfect setting for alpine recreation.

But these are gentle mountains—thick with evergreens, studded with trails, campgrounds, and resorts. Crater Lake National Park includes North America's deepest lake. Rim Drive runs around its edge; excursion boats ply its waters.



Dozens of lakes dot the Cascade spine. Eight highways crisscross the range. Several follow rivers known for fishing and rafting.

Tucked along the eastern slopes, especially near the towns of Bend and Sisters, are guest ranches and resorts. At Mt. Bachelor, you can cross-country and downhill ski through July.

Mt. Hood shines on the Portland horizon, an hour's drive north of Bend. Timberline Lodge makes a good base for hiking there.

Information: Tourism Div., Economic Development Dept., 595 Cottage St., NE, Salem, OR 97310.

WASHINGTON

The Olympic Peninsula

Few places are as wild and scenic as Washington's northwest corner. Poking up like a giant thumb west of Puget Sound, the Olympic Peninsula encompasses more than 7,000 square miles, most of which is the wilderness of Olympic National Park and Olympic National Forest.

Backpacking and horsepacking are the only ways to reach the peninsula's roadless interior. Otherwise, you circle the peninsula on US-101, detouring on spur roads into the park's perimeter.

The drive to Hurricane Ridge leads to lofty viewpoints. Lake Crescent is noted for trout fishing. From the Indian village of La Push, you can hike the West Coast's last primitive beaches. Charter boats put out for salmon fishing nearby.

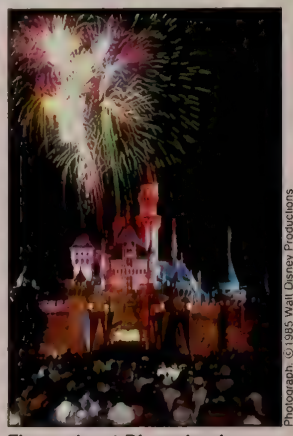
Among the area's limited accommodations is Lake Crescent Lodge in the park. Also try Port Angeles and Port Townsend for several bed and breakfast inns.

Information: Superintendent, Olympic National Park, 600 E. Park Ave., Port Angeles, WA 98362; Tourism Development, Dept. of Commerce & Economic Development, 101 General Administration Bldg., Olympia, WA 98504.

DESTINATION U.S.A.

CALIFORNIA

Disneyland Plus


Photograph ©1985 Walt Disney Productions

Fireworks at Disneyland.

At least once in your life, go to Anaheim, next door to that megalopolis, Los Angeles. Kids will be wild with excitement, and you'll have a great time, too. The child in all of us longs for fantasy and magic.

Focus of a family vacation here is Disneyland, which marks its 30th anniversary this year with a host of special happenings. But LA's southern outskirts boast a diversity of attractions, including Knott's Berry Farm, a perpetual fun fair. Farther afield in Long Beach, you can explore the *Queen Mary* and the largest plane that ever flew.

For the best rates on lodgings, look into packages that include admissions to attractions. The Disneyland Hotel is a resort itself. You also can stay beachside near Long Beach.

Information: Anaheim Area Visitor & Convention Bureau, 800 W. Katella Ave., Dept. BHG, Anaheim, CA 92802. Long Beach Convention & Visitors Council, 180 E. Ocean Blvd., Suite 150B, Long Beach, CA 90802.

IDAHO

Sun Valley

Just sniffing the air, without even seeing the scenery, you'll know you're in high country. It's so crisp and mountain fragrant at Sun Valley's 6,000-foot elevation, you tan without feeling hot and snuggle under blankets even on summer nights. But invigorating atmosphere is only one of this resort area's charms.

You'd be hard put to find a plusher yet not outrageously expensive outpost in the wilderness. Accommodations include elegant lodges and spacious apartments that blend in with the scenery. All around are fine restaurants and shops, plus leisure activities—from golf and tennis to soaring, ballooning, and ice skating.

An equestrian center teaches riding and provides

continued



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horses for trail rides. To penetrate deeper into the wilds, hiking trails in the surrounding Sawtooth National Recreation Area are within day-excursion range. Outfitters guide float trips on the Salmon River to the north.

Information: Carl Wilgus, Sun Valley Co., Sun Valley, ID 83353.

ARIZONA/UTAH

Lake Powell

You mosey along in a houseboat, while all around a strangely beautiful world unfolds. Mirrored in the waters are gigantic buttes eroded into astounding configurations. As the sun drifts across the sky, colors change from reds and glaring coppers to pastels.

This is the magic of Lake Powell, which fills a labyrinth of wild desert canyons along 186 miles of the Colorado River from Utah into Arizona. The favorite transportation is houseboats—floating cottages you anchor in sandy coves, swim alongside, and fish from.

The largest houseboat rental fleet is moored at Wahweap Lodge, a marine resort at the dammed-up end of the lake near Page, Arizona. Tour boats also cruise 50 miles up the lake from there to a huge natural stone arch, Rainbow Bridge.

Information: Del E. Webb Recreational Properties, Box 29040, Dept. BHG, Phoenix, AZ 85038.



DESTINATION U.S.A.

WYOMING

Grand Teton and Yellowstone

Two of our most spectacular national parks are in northwest Wyoming next to each other. You can visit them on a joint trip that's hard to beat for inspiration and adventure.

The Tetons' rock ramparts and ice-clogged fissures rise straight up from the forests and wildflower meadows. Stretching north from the Tetons is Yellowstone, a primitive wonderland of geysers, bubbling mud pots, and steaming fumaroles. Both parks offer a choice of roughing it on backcountry trails or staying in roadside campgrounds or comfy lodges. You can join nature walks; watch wildlife; take scenic drives; go backpacking, day hiking, fishing, and trail riding.



Photograph: Kurt Mitchell/Frozen Images, Inc.

Canoeing in the Tetons.

Information: Grand Teton National Park, Box 170, Moose, WY 83012; Jackson Hole Chamber of Commerce, Box E-BH, Jackson, WY 83001; Yellowstone National Park, WY 82190; for lodgings and tours—TW Services, Inc., Yellowstone National Park, WY 82190.

ARIZONA

The Grand Canyon

Anyone who's stood at the rim of the Grand Canyon will never forget the experience. At your feet lies America's most awesome natural wonder—a chasm more than a mile straight down and 18 miles from rim to rim.

Most families visit the canyon's easily accessible South Rim, with well-developed visitor facilities (lodges, restaurants, campgrounds). Rim drives lead to fine viewpoints. Be sure to stop at the Yavapai Museum and the Tusayan Ruins, remnants of an ancient Indian village.

Hiking is an outstanding way to savor this mighty gorge. If you're adventurous, consider a mule trip down sheer canyon switchbacks (minimum age 12). But perhaps most thrilling of all is rafting the Colorado River along the canyon floor. Over 20 companies offer trips (four to 18 days).

Though the North Rim is nine miles away by air, the drive covers 214 miles. You can enjoy great views from the cooler, less-crowded North Rim as well, and some lodgings and visitor services are available. The National Park Service schedules programs on both rims.

Information: Superintendent, Grand Canyon National Park, Box 129, Grand Canyon, AZ 86023.

UTAH TO WEST VIRGINIA

River Rafting

The challenge and fun of white-water rafting is skirting danger, not courting it. That's what professionals who guide raft trips are for; they know how to steer clear of trouble. To you, it doesn't seem that way. You scream and hang on for dear life as your bucking craft races past churning water holes and waves splash over the gunnels.

In calm stretches, you relax in the sun, swim beside your raft, fight bailing-bucket battles, and glory in spectacular scenery. White-water streams always run through gorgeous mountain country or desert canyons.

Great one-day floats travel upper and lower sections of West Virginia's New River. The night between trips, you can camp on the outfitter's property or stay at Babcock or Hawks Nest state parks, which have cabins or lodge accommodations.

Information: Frank Lukacs, North American River Runners, Box 81, Hico, WV 25854.

In the West, where white-water river stretches run longer, you'll love the four-day float through the Green River Wilderness in northeastern Utah. There's lots of white water every day. The same outfitter also guides a thrilling three-day float in Colorado, through the Green River's Lodore Canyon.

Information: Ron Buchan, Adventure Bound, Box 125, Mack, CO 81525.

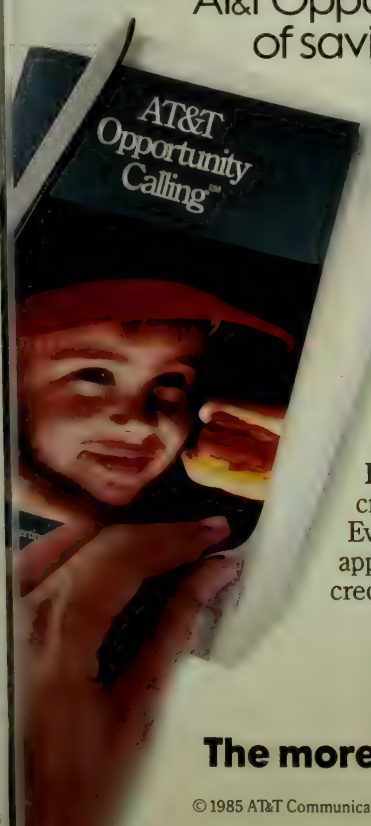
For a listing of raft outfitters, contact ***Jerry Mallett, Western River Guides Assoc., 7600 E. Arapahoe Rd., Suite 114, Englewood, CO 80112, or David Brown, Eastern Professional River Outfitters Assoc., Box 119, Oak Hill, WV 25901.***

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COLORADO

Rocky Mountain National Park

In this park, a highway in the sky, US-34, climbs across the Continental Divide. For 11 miles, you travel above timberline, with mountain ridges in every direction.

But driving Trail Ridge Road is just one adventure. Hiking trails lead to meadows and serene lakes. Toward dusk, you can watch elk and mule deer graze. There are back-country campgrounds for roughing it or roadside camping locations. The park's two gateway communities, Estes Park and Grand Lake, provide lodgings at all prices, plus other tourist services.

Information: Estes Park Chamber of Commerce, Estes Park, CO 80517; Grand Lake Area Chamber of Commerce, Grand Lake, CO 80447; Rocky Mountain National Park, Estes Park, CO 80517-8397.

SOUTH DAKOTA

The Black Hills and Badlands

Every year, millions of vacationers head for this diverse region. Though often combined in one trip, the Black Hills and Badlands differ in character and are some 60 miles apart.

The pine-covered Black Hills rise like an immense island from the plains. You can hike Harney Peak for a grand view or beneath Mt. Rushmore's colossal faces. More discoveries await in huge Custer State Park and along Needles Highway, which travels among granite spires. There's also the lively town of Deadwood, where Wild Bill Hickok was shot.

Gullies and jagged peaks characterize the eerie landscapes of Badlands National Park. A good route (State-240) starts at Wall, home of the famous Wall Drug.

Information: The Black Hills, Badlands, & Lakes Assoc., 900 Jackson Blvd., Rapid City, SD 57702.

DESTINATION U.S.A.

MINNESOTA

The Lake Superior Shore

Following US-61 along the north shore of Lake Superior, you encounter some of the Midwest's loveliest vistas, dipping toward the lake and rising over woodsy hills for 150 miles between Duluth and Canada. Nearly a dozen state parks provide camping. Little towns invite you to explore.

East of the town of Two Harbors stands a picture-perfect lighthouse. From Grand Marais, you can detour to Eagle Mountain. Other side roads cross or parallel voyageur routes through forests and along inland lake shores.

Grand Portage, the northernmost settlement before reaching Canada, is Minnesota's gateway for boat trips to Isle Royale National Park, a wild island that's a backpacker's paradise.

Information: Minnesota Arrowhead Assoc., 734 E. Superior St., Dept. BHG, Duluth, MN 55802; Superintendent, Isle Royale National Park, 87 N. Ripley St., Houghton, MI 49931.



Photograph: George S. Bush

Ancient Indian cliff dwellings at Mesa Verde National Park.

COLORADO—San Juan Mountain Country

When you visit southern Colorado's San Juan Mountains, you return to the high country of the Old West. Ghost towns dot rugged slopes where miners staked claims; a steam train still chugs through the wilderness; and the one-time boomtown of Durango retains much of its frontier flavor.

On the exciting day outing by steam train from Durango to Silverton, you travel single-track trestles that cling to rock walls and span roaring white waters. Indian cliff dwellings of Mesa Verde National Park lie within day-excursion distance toward New Mexico's desert mountains in the other direction. There also are trail rides, great trout fishing, and raft trips on the Animas River.

Lodgings include the old Strater Hotel in Durango and numerous motels. Just outside Durango is Tamarron, a big resort. For an unusual treat, spend a few days at Tall Timber, a small intimate resort, or Ah Wilderness, a homey guest ranch, reached by the daily Durango-Silverton train.

Information: Shirley Murphy, Durango Chamber of Commerce, Box 2587, Durango, CO 81301.

ILLINOIS, IOWA, AND MISSOURI

The Great River Road

One of the prettiest stretches of the Great River Road, which follows the Mississippi, traverses a slice of the Midwest along the Illinois state line. Designated by the pilot-wheel symbol, this road is a collection of routes criss-crossing the river between Illinois, Iowa, and Missouri.

You travel close to the river, then sashay through idyllic farm country and old river towns. Great bridges and locks dot the way. In Illinois, must stops include the quaint town of Galena, and



Nauvoo with its Mormon heritage. Reminders of Mark Twain fill Hannibal, *continued*

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Missouri, and there's the riverside city of St. Louis. State parks grace riverbanks farther south toward huge Shawnee National Forest.

Information: Office of Tourism, 310 S. Michigan Ave., Suite 1000-BHG, Chicago, IL 60604; Iowa Development Commission, 600 E. Court, Suite A, Dept. BHG, Capital Center, Des Moines, IA 50309; Div. of Tourism, Box 1055B, Truman State Office Bldg., Jefferson City, MO 65102.

TEXAS

Padre Island

This island at the southernmost tip of Texas is probably as close as you'll come to desert isles of adventure stories—80 miles of sun-drenched beach where you won't see another soul. Pitch your tent in solitude, between dunes where grasses bend in Gulf breezes.

An inlet splits Padre Island in half. North Padre, site of a national seashore, is reached from Corpus Christi, Texas, which abounds in tourist facilities. You first come to the seashore's park section, with campground, swimming beach, and boat launch. The road ends here, but the beach is drivable another five miles or so.

At the other end near Brownsville is the gateway to South Padre, where tourist services line the first five miles. There's also a marineland park, and a paddle wheeler cruises the bay. The road continues another seven miles behind the dunes before real wilderness starts.

Information: North Padre—Corpus Christi Area Convention & Tourist Bureau, 1201 N. Shoreline, Dept. BHG, Corpus Christi, TX 78403; South Padre Island Tourist Bureau, Box 2095-BHG, South Padre Island, TX 78597.

DESTINATION U.S.A.

MISSOURI AND ARKANSAS—The Ozarks

Age-old hills of the Ozarks sprawl across southern Missouri into Arkansas. There's a comfortable familiarity about the hill-country culture of this area of sunny bluffs, cool valleys, and twinkling waterways, where fishing and water sports abound.

Branson, Missouri, is a central location. Close by, you'll discover Silver Dollar City, a re-creation of a hill-country village. You can see the outdoor drama at Shepherd of the Hills Farm, cruise the lake, and venture into Marvel Cave.

To appreciate the countryside, drive back roads, like those between Branson and Eureka Springs, Arkansas, a showplace of Victorian architecture, where you can watch a production of *The Great Passion Play* and ride on a steam train.

Information: Branson/Lakes Area Chamber of Commerce, Box 220B, Branson, MO 65616; Div. of Tourism, Arkansas Dept. of Parks & Tourism, One Capitol Mall, Dept. BHG, Little Rock, AR 72201.





Silver Dollar City Chamber of Commerce

Craftsman at Silver Dollar City.

TEXAS

Fort Worth

You'll rub elbows with real cowpokes in Fort Worth, America's biggest, most colorful cow town and undisputed capital of what remains of the Old West. Cattle are still king on the plains around Fort Worth, as they were in Chisholm Trail days. In corrals of the city's stockyards district, that beef is sorted for sale.

You're welcome to attend cattle auctions at the Stockyards Exchange, sharing bleachers with the buyers. Wooden sidewalks and brick buildings frame streets in the stockyards district. Every other door opens into a western shop or old-time saloon. Saturday nights in suburban Mansfield, there's the Kow Bell Rodeo. Between professional events, ranch kids compete for calf-riding and barrel-racing prizes.

A nine-block area downtown has been restored to its turn-of-the-century character. Sundance Square there houses shops, galleries, and restaurants. Even kids like the Amon Carter Museum of Western Art, which displays works by cowboy artists Frederic Remington and Charles Russell. Other attractions include a zoo, a pioneer village, and Six Flags over Texas amusement park in nearby Arlington.

Information: The Fort Worth Convention & Visitors Bureau, 700 Throckmorton, Dept. BHG, Fort Worth, TX 76102.

THE SOUTHEAST AND MIDWEST

Resort State Parks

An assortment of state parks across the nation has blossomed into resorts with all the vacation facilities and recreations families fancy. Reasonable prices and friendly atmosphere are the rule. Besides camping, there are accommodations in cabins, motels, or lodge rooms.

The best and biggest concentrations of these resort parks lie in the South and Midwest. Here's where to find out more about them:

- ***Alabama (6 resort parks)—ARA Leisure Services, Inc., 770 S. McDonough St., Suite 205B, Montgomery, AL 36104.***
- ***Arkansas (5 resort parks)—Dept. of Parks & Tourism, One Capitol Mall, Dept. BHG, Little Rock, AR 72201.***
- ***Indiana (6 resort parks)—Tourism Development Div./Dept. of Commerce, One N. Capitol Ave., Suite 700B, Indianapolis, IN 46204.***
- ***Kentucky (15 resort parks)—TRAVEL, Frankfort, KY 40601.***
- ***Ohio (8 resort parks)—Dept. of Development, Office of Travel & Tourism, Box 1001, Dept. BHG, Columbus, Ohio 43216.***
- ***Oklahoma (7 resort parks)—Tourism & Recreation Dept., Resorts Division, 500 Will Rogers Bldg., Dept. BHG, Oklaho-***

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ma City, OK 73105.

● *Tennessee (9 resort parks)—Tourist Development, Box 23170, Dept. BHG, Nashville, TN 37202.*

OHIO

Western Lake Erie Shore

In Lake Erie, where walleyes breed in profusion, finned fighters bend your rod when they hit the hook and battle like hellions. It's a poor day when you don't catch your limit. You also can haul in perch by the bucketful. The lake's shallow western end especially is an angler's paradise. But fishing isn't the only charm along this 50 miles of shore.

From Port Clinton, the coast's fishing-boat hub, you



can cruise to the old village of Put-in-Bay on vineyard-covered South Bass Island. In nearby Sandusky, rides and shows highlight a visit to Cedar Point amusement park, which also has a fine hotel and a mile of beach.

You'll enjoy the spruced-up Toledo waterfront. Portside mall features shops and eateries, harbor cruises, and outdoor weekend festivities.

If all this isn't enough for 50 miles of shore, there are several state parks and a wildlife refuge to explore.

Information: Erie County Visitors & Convention Bureau, 103 W. Shoreline Dr., Dept. BHG, Sandusky, OH 44870; Toledo Area Convention & Visitors Bureau, 218 Huron St., Dept. BHG, Toledo, OH 43604.

DESTINATION U.S.A.



Photograph: Blair Seitz

A peaceful farm in Pennsylvania Dutch Country.

PENNSYLVANIA—Pennsylvania Dutch Country

Tranquillity surrounds a visit to the gentle land of southeastern Pennsylvania, home of the Amish and Mennonites. Disdaining modern trappings, these simple folks live their lives much as in olden days.

Hub of the region is Lancaster, where costumed guides walk you through the historical district. Within short drives are three Amish farms open to visitors and the Pennsylvania Farm Museum, depicting rural life long ago. In the village of Lititz, you can try your hand at pretzel bending.

As you explore country byways—still traveled by horse-drawn buggies—plan to visit Ephrata Cloister, a "medievalish" relic where a religious splinter group once had a commune. Also stop at Strasburg. From there, a steam train carries visitors to another village, aptly named Paradise.

But modern joys aren't neglected. Hershey, the town that chocolate built, offers a theme park and Hotel Hershey and Hershey Motor Lodge, with complete resort facilities.

Information: Pennsylvania Dutch Visitors Bureau, 1799 Hempstead Rd., Lancaster, PA 17601; Hershey Hotel and Motor Lodge, Box BB, Hershey, PA 17033.

PENNSYLVANIA

Philadelphia

This historical city isn't just a collection of must-see educational sites. You'll want to visit Independence Hall, the Liberty Bell, and Franklin Court, a living museum about the city's leading citizen. But Philadelphia blends modern fun with heritage.

Penn's Landing is an outdoor entertainment area where music and dance shows are featured, plus three intriguing ships. The Mint punches out 1.5 million coins daily. There's window-shopping along Antique Row and Jewelers Row. Reading Terminal Market is redolent with delicious aromas. Huge Franklin Institute, a hands-on museum, houses exhibits as vast and varied as a Boeing 707 and a steam locomotive that runs along a regular railroad track.

It's a pleasure to stroll cobblestoned Elfreth's Alley, our oldest residential street lived on today. In Society Hill, there's a district of fine Georgian homes and the New Market complex of boutiques and eateries.

Other attractions include the zoo; the Academy of Natural Sciences; and Fairmount Park, where you can hear outdoor pop concerts.

Information: Philadelphia Convention and Visitors Bureau, Dept. BHG, Three Penn Center Plaza, Philadelphia, PA 19102.

NEW YORK

The Big Apple

New York City truly is bursting these days with a sense of her proud history in the remaking. Scaffolding surrounds the Statue of Liberty as she undergoes a face-lift for her 100th birthday. Spars of historical vessels at the vast reconstruction of the 19th-century South Street Seaport rise in graceful defiance of towering Wall Street buildings nearby. Three bright new restaurants celebrate the American cuisine at Rockefeller Center, big bands swing in the Rainbow Room, and a rejuvenated Radio City Music Hall sparkles with gala stage shows.

Throughout, whole neighborhoods are emerging anew with chic shops and restaurants. Walking is the best way to savor the Big Apple, but don't miss the eagle's angle from the Empire State Building or World Trade Center. A host of convenient hotels feature economical packages; get *The New York City Tour Package Directory.*

Information: Jack MacBean, New York Convention & Visitors Bureau, 2 Columbus Circle, Dept. BHG, New York, NY 10019.

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VERMONT

Stowe

One of New England's fine winter ski resorts, Stowe, is no less delightful in summer. Plus a summertime vacation costs less. Stowe's scattered lodges turn into low-key havens, where you relax in laid-back comfort. If you want to be active, there are adventures in the Green Mountains.

The ski gondola on Mount Mansfield runs all summer, providing access without uphill hiking to Vermont's lofty Long Trail. From the summit restaurant, it's only a 30-minute walk to a panorama encompassing three states and a chunk of Canada. Other trails radiate in all directions. In guided groups, you also can go exploring on nature walks, day hikes, and overnight backpacks.

Another lift runs up Spruce Peak, serving a half-mile alpine slide. Canoes can be rented for fishing, and you can bicycle scenic country lanes in Stowe's valley. There are trail rides, tennis courts, and a golf course, too. Crafts and antiques shops and restaurants abound in Stowe's village center.

Information: Toni Sullivan, Stowe Area Assoc., Box 1230, Stowe, VT 05672.

MARYLAND

The Tidewater Shore

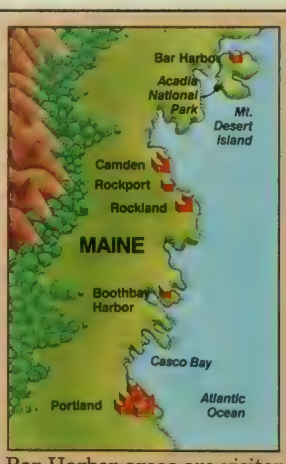
For a sense of what our land was like long before the Revolution, visit communities on the eastern shore of Chesapeake Bay. A magic timelessness pervades this nostalgic region, settled more than a decade before the *Mayflower* sighted Plymouth Rock. From the start, people on these sheltered inlets had little contact with outsiders. Fishing, oystering, and crabbing was their way of life and still is today.

DESTINATION U.S.A.

Yet, this otherworldly region is by no means remote. The most intriguing little towns—St. Michaels, Oxford, and Easton—await within about two hours' drive of Washington, D.C. Maryland's capital city, Annapolis, is a history-rich must stop on the main route (US-50). Take the walking tour of the city's old section.

Just a short drive southwest of St. Michaels lies Tilghman Island, which harbors the bay's largest fleet of skipjack oyster boats. It's a marvelous maritime scene, especially at sunset.

Information: Charles Lehmann, Office of Tourist Development, 45 Calvert St., Dept. BHG, Annapolis, MD 21401.



MAINE

The Atlantic Coast

A natural drama plays daily along the Maine coast, where waves crash and caress cliffs and headlands, quiet inlets and coves. The 175 miles between Casco Bay and Mt. Desert Island represent the New England seaboard at its finest, laced with harbors and islands, tidal rivers, seascapes, and fishing towns.

The Boothbay Harbor and Bar Harbor areas are visitor hubs. In the Boothbay Harbor region, a 17-mile-long finger of land with a harbor as its centerpiece, inns and guesthouses ring the bay in the village of Boothbay Harbor, a retreat for artists and craftspeople.

Neighboring Rockland, Rockport, and Camden are home to Maine's windjammer fleet, tall-masted ships offering weeklong cruises. Car/passenger ferries shuttle to offshore islands, where life slows to a snail's pace. Restaurants specialize in fresh seafood.

Bar Harbor is the gateway to Acadia National Park, crisscrossed with trails and old carriage roads for hiking and biking. From Mt. Cadillac, you can view a mosaic of islands and sea.

Information: Boothbay Harbor Region Chamber of Commerce, Box 356B, Boothbay Harbor, ME 045[illegible]; Maine Publicity Bureau, 97 Winthrop St., Hallowell, ME 04347.



Photograph, Carl Aumiller, West Light

The picturesque Maine coast.

VIRGINIA

The Colonial Triangle

Rhythms of 18th-century life resound throughout this pocket of cozy countryside east of Richmond. A vacation here combines an intriguing history lesson with trips along country roads that skirt the banks of two wide rivers.

The heart of this colonial triangle is Williamsburg, restored gracious capital city of the royal colony of Virginia, which bustles with sights and sounds of early America. The nearly mile-long settlement includes a host of preserved or restored 18th-century buildings, plus others rebuilt on original sites.

You can visit the crafts shops where costumed artisans work. The fife and drum corps marches by to martial airs that quickened steps of Revolutionary soldiers. There are outdoor dramas and lantern tours. The formal gardens are delights.

A parkway links Williamsburg with Jamestown, site of America's first permanent English settlement, and Yorktown, where the British were routed in the last battle of the Revolutionary War. A fun visit to Busch Gardens/Old Country theme park nearby eases reentry into the 20th century.

Information: Virginia Div. of Tourism, 202 N. Ninth St., Suite 500B, Richmond, VA 23219; Travel Information, Colonial Williamsburg, Box C, Williamsburg, VA 23187.

GEORGIA

Callaway Gardens

So much goes on at this superb family resort 70 miles south of Atlanta, it's hard to decide what to do first. Spread across 2,500 acres of southern woodlands, Callaway

continued

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Gardens not only features customary resort diversions like swimming, golf, and tennis in abundance, but also just about every other leisure activity. And the surroundings are a pleasure to behold—from wildflower meadows and holly thickets to acres of gardens.

The summertime age-graded program for kids is unique. Besides sports, arts and crafts, and sight-seeing tours, the schedule includes fun lessons in big-top arts under supervision of members of the Florida State Circus. The circus also performs in the summer. Water-ski shows, concerts, and a summer theater round out activities. Lodgings range from inn rooms to country cottages and villas by a stream.

Information: Sandra Moreland, Public Relations, Callaway Gardens, Pine Mountain, GA 31822.

FLORIDA

The Central Peninsula

Cut a swath across the midsection of the Florida peninsula and you'll discover a sunny realm packed with family attractions. Ever since Disney World opened in 1971, central Florida has been booming—from the gateway to space on the shores of the Atlantic to beaches of the St. Petersburg area on the Gulf.

The 28,000-acre Disney colossus includes the Magic Kingdom theme park and Epcot Center, with Future World and the World Showcase. It gets bigger and better all the time. Recently, the new Kingdom of Morocco opened in the World Showcase, and a new film called *American Journeys* started playing in The Magic Kingdom's Tomorrowland.

Space vehicles still shoot skyward at the Kennedy Space Center's Spaceport USA. Also nearby are Sea World, largest marine park anywhere; Circus World; and serenely southern Cypress Gardens. Busch Gardens, a combination theme park and fine zoo, lies near Tampa on the west coast.

Huge Ocala National Forest borders this part of the peninsula to the north. It's prime territory for camping and outdoor pursuits. Houseboating the St. Johns River is a popular adventure.

Travel agents offer a host of packages including transportation, lodgings, and/or admissions, along with other extras, in most of the region.

Information: Disney World Guest Relations, Box 40-BHG, Lake Buena Vista, FL 32830; Kissimmee-St. Cloud Convention & Visitors Bureau, Box 2007B, Kissimmee, FL 32742-2007; Florida Dept. of Commerce, Office of Visitor Inquiry, 126 Van Buren St., Dept. BHG, Tallahassee, FL 32301.

DESTINATION U.S.A.

TENNESSEE —Nashville

Wherever you turn in Music City, USA, there's music in the air. You'll be beating the rhythms and humming the tunes morning till night.

Weekdays start with pop and country music, broadcast live on radio from the studio-restaurant at the Opryland Hotel, a great resort adjoining Opryland. Then Opryland opens, a theme park unlike any other, featuring music shows. The newest addition (in June) is a $10-million showboat that cruises the Cumberland River.

Another day, head for Music Row, where recording companies have their studios. A new attraction, Barbara Mandrell Country, is nearby, and there's Conway Twitty's Twitty City.

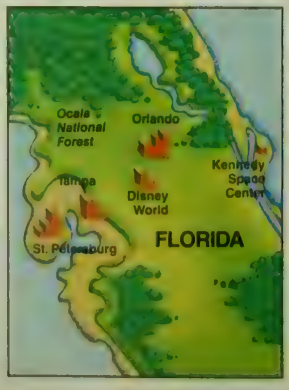
On Friday and Saturday nights, it's time for the Grand Ole Opry (matinees spring through fall), and afterward a jaunt downtown to Printer's Alley, hub of musical nightlife.

Information: Terry Clements, Nashville Area Chamber of Commerce, 161 Fourth Ave., N, Dept. BHG, Nashville, TN 37219; Opryland Information Center, Room 5700B, 2802 Opryland Dr., Nashville, TN 37214.



Photograph George S. Bush

Outstanding musical entertainment at Opryland in Nashville.



COAST TO COAST

Family Vacations at Sea

There's never been a better time for your family to vacation at sea. More cruise ships are sailing than ever, itineraries are as varied as they can be, and informality aboard ship is perfect for families. Thanks to competition, cruises also are priced right for families.

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Summer itineraries feature cruises in the Caribbean, along Mexico's Pacific Coast, and through Alaska's Inside Passage. Cruises run 10, 11, and 12 days, with free round-trip air fare for all passengers from 140 cities.

Several cruise lines that welcome families specialize in shorter seven-day sailings. Those include American Hawaii, Bahama Cruise Line, Carnival, and Norwegian Caribbean.

***Information: contact a travel agent or send a self-addressed, stamped business envelope to Cruise Lines International Assoc., 17 Battery Pl., Suite 631, New York, NY 10004, for a copy of* Answers to the Most Asked Questions about Cruising.**

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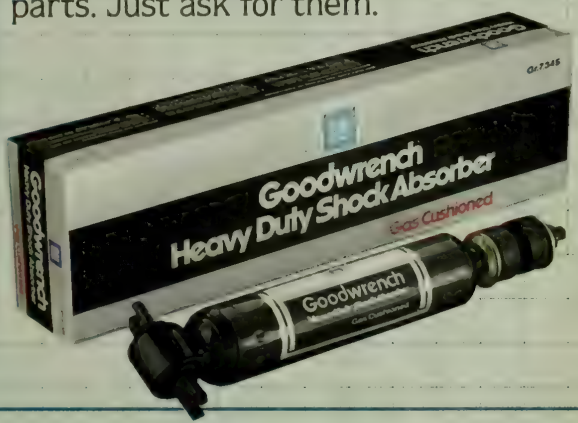
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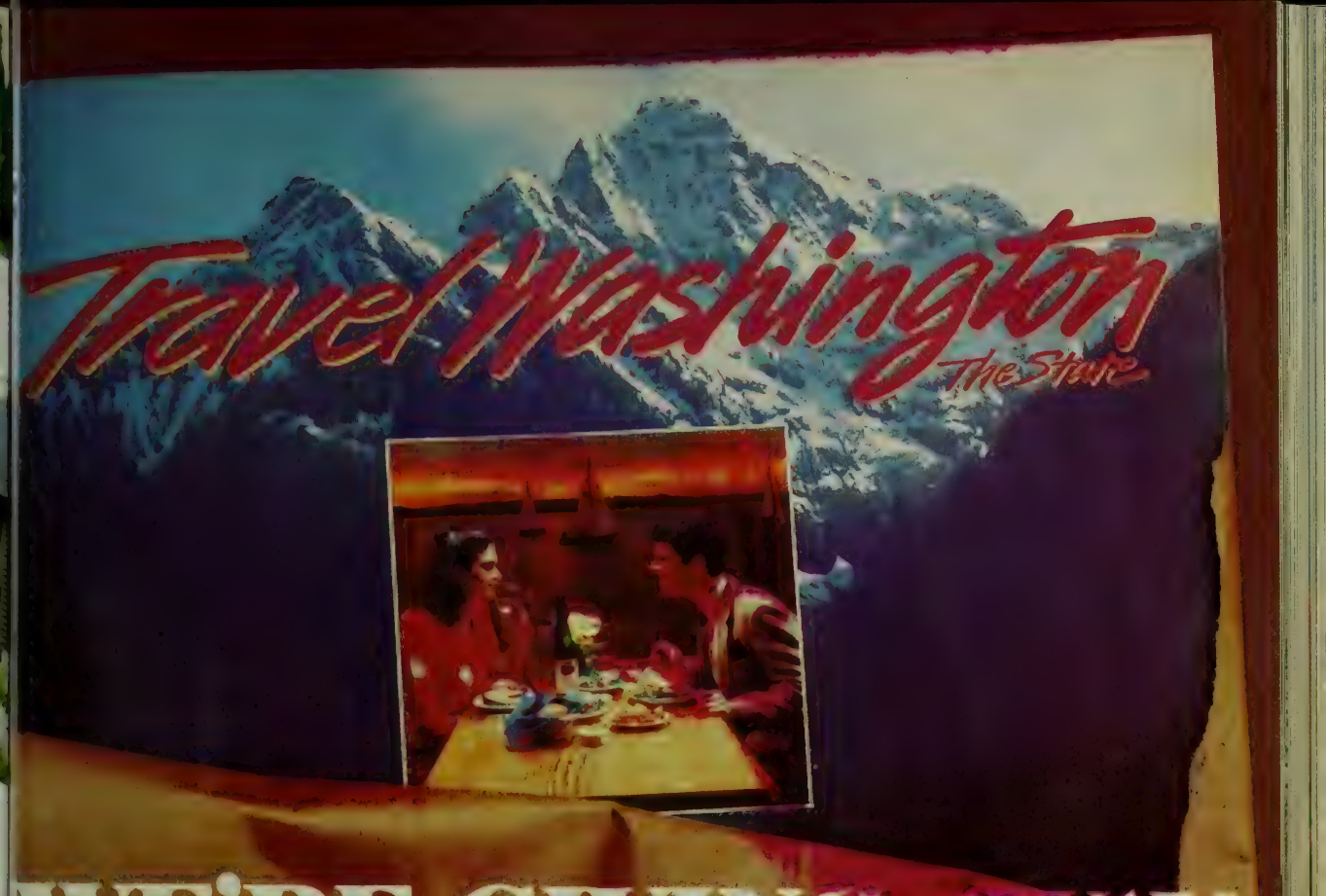
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Mail the attached card for your free copy of "Travel Washington." Call toll-free 1-800-541-WASH. In-state call 1-800-562-4570. Or write Washington State Tourism Development Division, 101 General Administration Building, AX-13, Olympia, WA 98504.

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Serve Up Scones! Tender Scottish Biscuits

Although immigrants from all over the British Isles made scones famous in America, the Scots take most of the credit for creating the mouth-watering delicacy. Traditionally, these tender biscuits are included as part of a tea menu and are spread with butter or jam or served with fresh strawberries and cream. There are many scone versions—some contain dried fruit, currants or raisins, nuts, chopped apple, cheese, maple syrup, or molasses.

These two scone recipes are easy to make—you mix and knead the dough just like biscuit dough. Your family is sure to enjoy them as a breakfast treat, an afternoon snack, or at bedtime.

CURRANT SCONES

Years ago, country housewives referred to scones as "singing hinnies" because of the way the dough would "sing" and fizz when cooked over an open fire—

½ cup dried currants
3 tablespoons apricot brandy

• • •

2 cups all-purpose flour
2 tablespoons sugar
1 tablespoon baking powder
¼ teaspoon salt

• • •

6 tablespoons butter *or* margarine
1 beaten egg
½ cup light cream *or* milk
1 slightly beaten egg

In a small bowl combine dried currants and apricot brandy; let stand 5 minutes. In a medium mixing bowl stir together flour, sugar, baking powder, and the salt. Cut in butter or margarine till mixture resembles coarse crumbs. Make a well in the center. Combine the first egg and the light cream or milk; add all at once to dry mixture. Stir in the currant mixture just till dough clings together. Knead dough gently on lightly floured surface for 12 to 15 strokes. Roll or pat dough to ½-inch thickness. Using a 2-inch cutter, cut into desired shapes (circles, squares, diamonds, or triangles). Dip cutter in



Serve Currant Tea Scones for a special breakfast, brunch, or tea. Fruits and cheeses make perfect accompaniments.

ur between cuts. (Or, using a sharp ife cut circles into 6 or 8 wedges.) ace dough a few inches apart on un- eased baking sheet. Brush tops with aten egg. Bake in a 400° oven for 12 15 minutes or till light brown. Makes to 16.

Per Currant Scone: 179 cal., 4 g pro., g carbo., 7 g fat, 62 mg chol., and 223 g sodium. USRDA: 10% riboflavin.

PICY WHEAT SCONES

his recipe makes use of the entire ker- l of wheat! Cracked wheat is made om whole wheat berries that are cut id then sliced. Wheat germ is the in- rmost part of the wheat kernel—

2 cups whole wheat flour
¼ cup cracked wheat
2 teaspoons baking powder
½ teaspoon salt

• • •

½ cup butter *or* margarine
1 beaten egg
⅓ cup light cream *or* milk
ilk
heat germ
1 recipe Honey Lemon Butter

In a mixing bowl stir together the whole wheat flour, cracked wheat, the



You can cut Spicy Wheat Scones into wedges, diamonds, circles, triangles, or squares. Serve them warm or cool.

baking powder, and the salt. Cut in butter or margarine till mixture resembles coarse crumbs. Make a well in the center. Combine beaten egg and light cream or milk; add all at once to dry ingredients. Stir just till dough clings together. Knead gently on a lightly floured surface for 12 to 15 strokes. Roll or pat dough into an 8-inch circle, about ½ inch thick. Cut circle into 12 wedges. (Or, use desired 2-inch cutter to cut circles, squares, diamonds, or triangles. Dip cutter in flour between cuts.) Place dough a few inches apart on ungreased baking sheet. Brush scone tops with some additional milk; sprinkle with wheat germ. Bake in a 400° oven for 12 to 15 minutes. Serve scones warm or cool with Honey Lemon Butter. Makes 12.

Honey Lemon Butter: In a small mixer bowl beat ½ cup *butter* or *margarine* and ½ teaspoon *finely shredded lemon peel* till light and fluffy. Beat in ¼ cup *honey.* Makes ¾ cup.

Per Spicy Wheat Scone with 1 tablespoon of the Honey Lemon Butter: 263 cal., 5 g pro., 23 g carbo., 18 g fat, 74 mg chol., and 276 mg sodium. USRDA: 15% vit. A, 10% thiamine, and 14% phosphorus.

Photographs: Scott Little

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TRAVEL WEST

Destination U.S.A.

This article continues the "Destination U.S.A." family vacation feature that begins on page 155.

COLORADO

Aspen and Steamboat Springs

Once strictly winter havens, several of Colorado's famed ski resorts blossom into well-rounded family vacation destinations during the summertime. High in the Colorado Rockies, two such resorts, Aspen and Steamboat Springs, are especially suited to families. They feature a full range of activities and accommodations, plus summer vacation prices that won't bust your budget.
continued

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continued

Aspen, Colorado

Rarely do the arts and outdoor recreation blend so perfectly as in Aspen. Amid the glorious mountain-framed setting of the Roaring Fork River Valley, about 160 miles west of Denver, you can float white-water rapids and soak up a symphony or hike Colorado's highest summits and watch an exquisite ballet the same day.

Launched in 1949, the Aspen Music Festival flowers here all summer long. The center of activities is the festival grounds at the edge of the lively old mining town of Aspen, where ornate Victorian buildings and shops have been lovingly restored. You can visit the Aspen Historical Society Museum, with exhibits about the town's colorful silver-mining history. Maps for self-guided tours are available at Aspen Resort Association offices.

Music in the air

Besides scheduled concerts, theater and dance performances, sidewalk recitals are staged around town by students of the Aspen Music School. Everything is casual. You can listen to outdoor concerts on the lawn, while admiring the sunset or watching the stars light up the sky like a giant marquee.

Free shuttle buses link Aspen with its four neighboring ski areas: Aspen Mountain, Buttermilk, Snowmass, and Aspen Highlands. Depending on which ski area you choose as your base, you can swim, ice skate, and play tennis, golf, racquetball, and squash. Bicycle paths meander through the valley. Wranglers lead horseback trail rides into the surrounding White River National Forest.

Mid-June through Labor Day, the Aspen Highlands Skyride runs to a mountaintop for no-hassle hiking and stunning views of the Maroon Bells Wilderness' peaks. River-rafting companies take vacationers on white-water runs down the Colorado, Roaring Fork, Green, Gunnison, and other nearby rivers. Within a 20-mile radius, about 1,000 miles of trout streams and 25 lakes await anglers. If you're a bit more adventurous, you may want to try hang gliding, sailplaning, or going for a ride in a hot-air balloon.

Accommodations in lodges and con-

continued

"I'm convinced the world's greatest concentration of natural wonders is found in Utah."

Utah!

continued

dominiums at the ski areas cost less than during ski season ($35 to $70 price range). Weekly packages that include lodgings, meals, and activities can be particularly good buys.

Information: Aspen Resort Assoc., 303 E. Main St., Dept. BHG, Aspen, CO 81611.

Steamboat Springs, Colorado

Rustic western flavor surrounds Steamboat Springs, a legitimate cowboy town, and the neighboring ski area by the same name, tucked away in the mountains about a three-hour drive northwest of Denver. Friendly, relaxed atmosphere and a host of outdoor pastimes combine for Steamboat's summer appeal. Ranchers in pickup trucks cruise the streets, and blue jeans are the dress of the day.

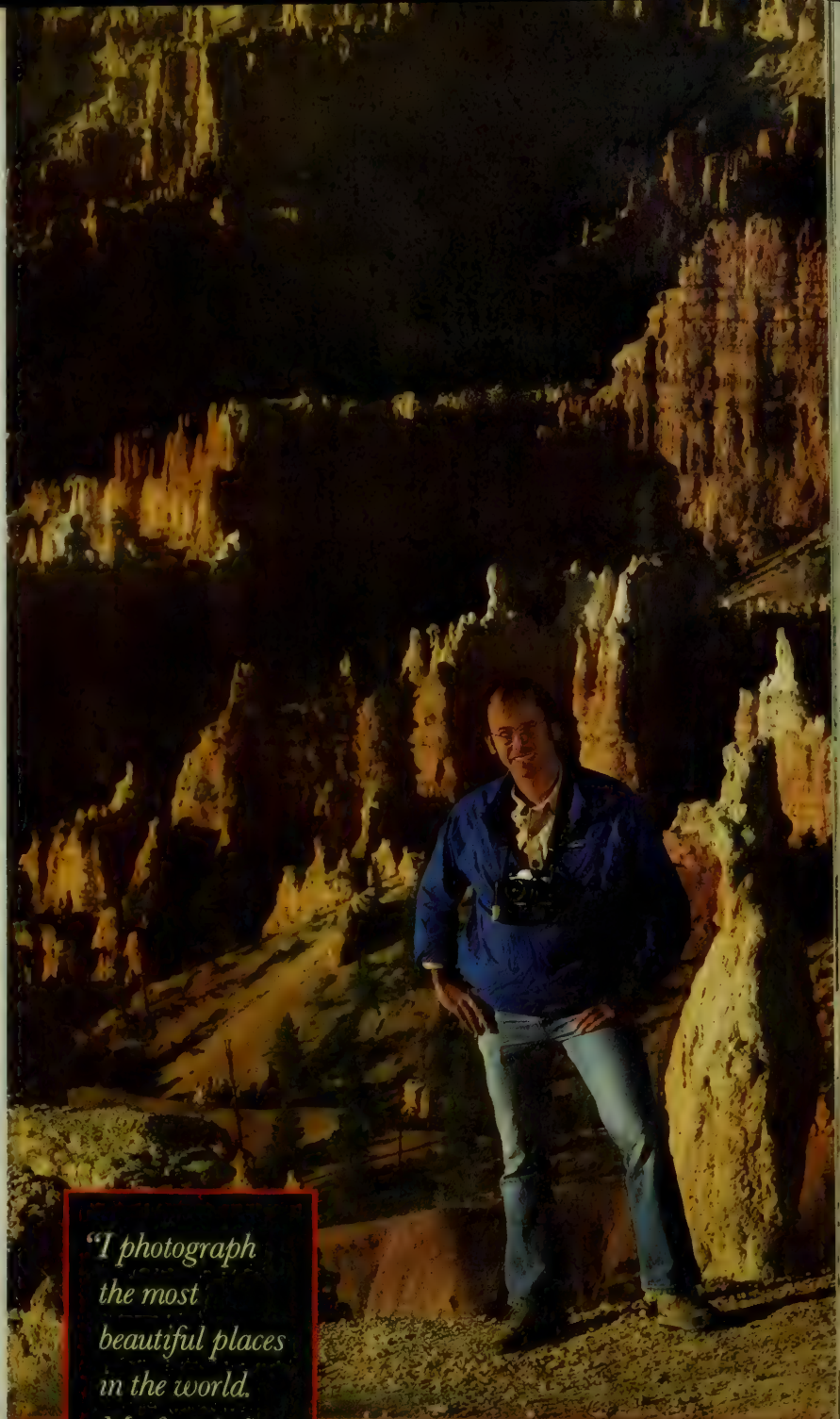
Friday- and Saturday-night rodeos at the Howelsen Hill Rodeo Grounds rank among the biggest summertime events here. There's a western flair to other recreation, too. At least seven area ranches and stables schedule trail rides and pack trips into Routt National Forest. (One even offers llama trekking.) You can join a cookout trail ride, a rollicking hayride, a barbecue, or square dance almost anytime.

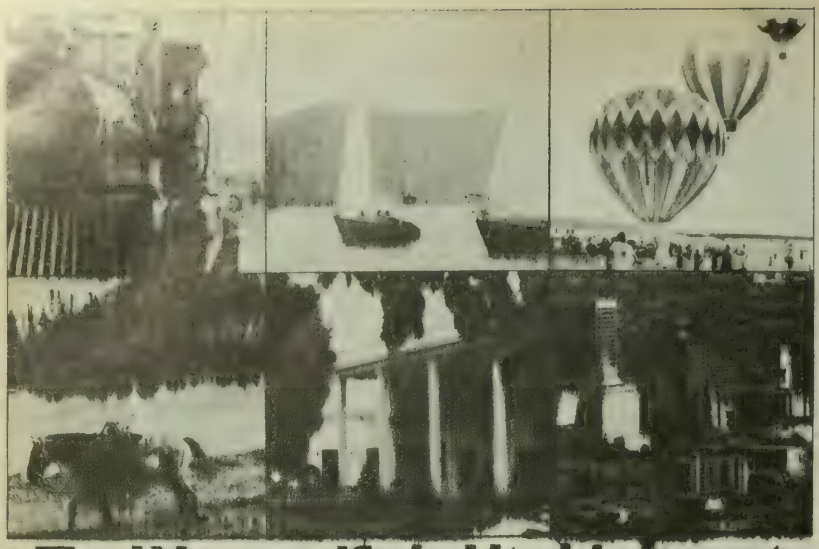
Some of the scores of mineral springs that bubble up around Steamboat Springs supply swimming pools and thermal baths. Children especially like the hydro slide, fueled with warm mineral waters.

Fishing for trout in the Yampa River and creeks that flow westward from the Continental Divide is some of the best anywhere in the Rockies. You also can raft white waters of the Yampa and other northern Colorado rivers. There are rental bicycles and guided bicycle tours, as well as sailing on Steamboat Lake and scenic gondola trips to ski-area peaks.

Steamboat's range of accommodations is somewhat more limited than Aspen's, but prices run a bit less, too. A family of four can expect to pay $30 to $60 nightly in a lodge or motel. Condominiums that accommodate four start at about $55 a night.

Information: Steamboat Springs Chamber Resort Assoc., Box 774408, Dept. BHG, Steamboat Springs, CO 80477.





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GARDENING

Home-Mixed Potting Soil



Mixing potting soil is easy. Commercially packaged mixes are just as good as the homemade variety, but you'll save money in the long run if you buy the individual ingredients and combine them yourself.

The Cornell soilless mix

More and more houseplant enthusiasts are using soilless mixes. Lighter than soil, these inexpensive potting materials provide a healthful growing medium without the weight. Researchers at Cornell University recommend the following recipe for a soilless mix:

4 quarts vermiculite
4 quarts shredded peat moss
1 tablespoon superphosphate
2 tablespoons limestone
4 tablespoons dried cow manure or steamed bone meal

The key ingredients

Vermiculite is a silicate formed when the mineral mica is heated to an extremely high temperature. Mica expands up to 20 times its original volume when heated and can hold water of two to three times its weight. Vermiculite is used to improve drainage.

Peat moss is milled, partially decomposed vegetative material, found in bogs or swamps. It prevents the potting medium from compacting.

Sphagnum moss is a type of peat moss, usually not milled. It's often used as a "planting" medium for epiphytes, such as staghorn fern and tillandsia.

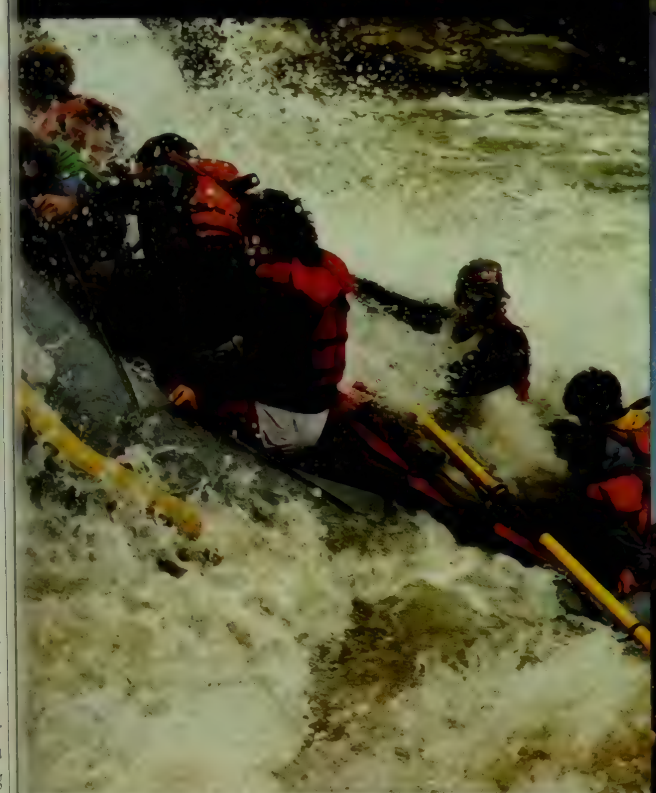
Perlite is small white or gray almost feathery pieces of volcanic rock. It improves soil drainage.

Illustration: Tom Rosborough

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How to Make Soup Stock

Whether you're preparing a savory beef stew or a creamy vegetable chowder, you'll love the hearty, home-style flavor this basic stock gives to your favorite soup and stew recipes.

Best of all, this flavorful stock starts with ingredients you're likely to have on hand—beef, chicken, or pork bones, vegetables, and seasonings. Use your basic stock in recipes that call for bouillon, broth, or stock.

BASIC STOCK

If you're using smoked pork hocks to make your basic stock, omit the salt called for in this recipe—

- **6 pounds meaty beef soup bones *or* 4 pounds bony chicken pieces (backs, necks, and wings) *or* 3 pounds smoked pork hocks**
- **3 carrots, cut up**
- **1 large onion, sliced**
- **2 stalks celery with leaves, cut up**
- **1 large tomato**
- **1 small head cabbage, cut up**
- **8 whole black peppercorns**
- **4 sprigs parsley**
- **1 bay leaf**
- **2 teaspoons salt**
- **2 teaspoons dried thyme, crushed**
- **1 clove garlic, halved**
- **¼ cup cold water**
- **1 egg**

STEP 1: In a large shallow roasting pan place soup bones, carrots, and onion. Bake bones, uncovered, in a 450° oven 30 minutes or till bones are well browned, turning occasionally.

STEP 2: Drain off fat. In a 10-quart Dutch oven or kettle place the browned bones, carrots, and onion.

STEP 3: Pour ½ cup *water* into roasting pan and rinse. Pour this liquid into Dutch oven.

STEP 4: Add 12 cups *water*, celery, tomato, cabbage, peppercorns, parsley, bay leaf, salt, thyme, and garlic.

STEP 5: Bring mixture to boiling. Reduce heat. Cover; simmer 5 hours.

STEP 6: Strain stock, by ladling it through a sieve lined with 1 or 2 layers of cheesecloth; discard meat, vegetables, and seasonings.



STEP FOUR



STEP EIGHT



STEP SIX



STEP NINE



STEP SEVEN

STEP 7: Clarify stock, if desired. To clarify, separate egg, crushing and reserving the shell. Stir together the ¼ cup cold water, the egg white, and the crushed eggshell. Add to stock; bring to boiling. Remove from heat; let stock stand 5 minutes.

STEP 8: Strain clarified stock again through a sieve lined with 1 to 2 layers of cheesecloth.



STEP TEN

STEPS 9 and 10: If using stock while hot, skim fat using a metal spoon. Or, ladle the stock into pint or quart jars; cover and refrigerate to chill quickly; lift off fat with a fork. Stock may be stored in refrigerator about 3 days, or in freezer up to 6 months. Label type of stock, the quantity, and date. Makes about 8 cups stock.

Photographs: Mike Dieter

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from all others. And we fuss over them every step of the way, to bring you only those with the finest taste, texture and gloss.

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Rainy Day Clay

A surefire way to keep your kids busy and happy while they're housebound on a rainy day is to supply them with a batch of thrifty homemade clay. Here's an easy recipe for make-it-yourself clay.

PLAY CLAY

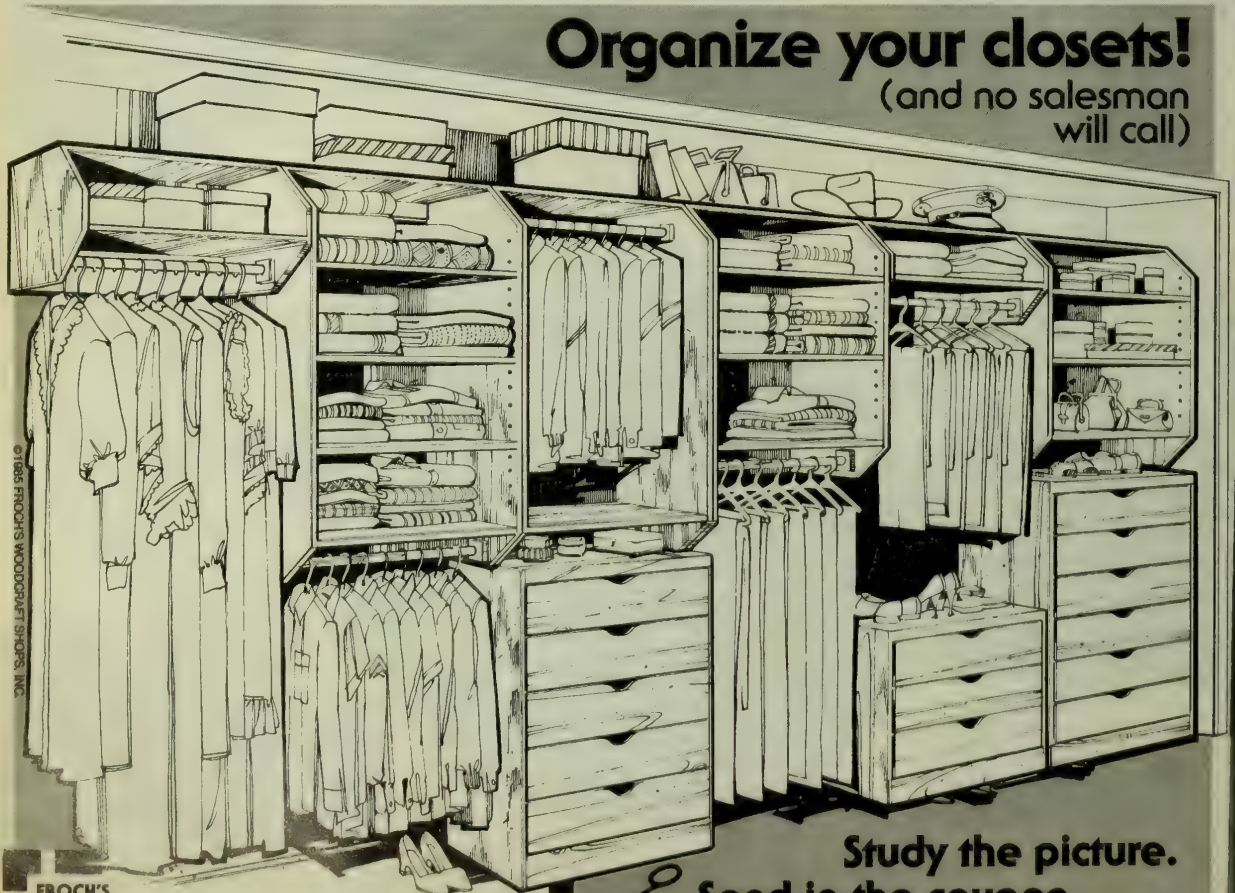
1 cup cornstarch
2 cups (1 pound) baking soda
1½ cups cold water

In a medium saucepan stir together cornstarch and baking soda. Add water all at once and stir till smooth. Stirring constantly over medium heat, cook mixture till it reaches the consistency of *slightly* dry mashed potatoes. (After the mixture comes to a boil, it will thicken first in lumps and then in a thick mass that should hold its shape.)

Turn the clay mixture out onto plate and cover with a damp cloth; cool. When clay is cool enough to handle, knead it well on a cornstarch-dusted surface until smooth and pliable. Roll out clay to ¼-inch thickness and cut or shape as desired; allow to harden and dry thoroughly at room temperature.

Microwave method: In a 2½-quart glass bowl stir together cornstarch and baking soda. Add water all at once and stir until smooth. Micro-cook the mix uncovered for 2 minutes; stir. Micro-cook 3 or 4 minutes longer, stirring after each minute, or until mixture reaches the consistency of *slightly* dry mashed potatoes. Turn the clay mixture onto a plate; cool. Knead and roll clay on a cornstarch-dusted surface as for basic recipe of Play Clay, *above.* (Written in cooperation with Best Foods, a unit of CPC North America) BH&G

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Guide to Grinding Grains







Cooks who especially enjoy the delicious, satisfying flavor of whole grains often prefer to grind their own. Home milling gives you the ultimate in freshness because you can prepare the desired amount of fresh cracked grains or flour whenever it's needed. To help you get started, this guide explains how grain milling works and what equipment is on the market to make the job easier.

Grain mill options

Milling, the process of crushing whole grains between stone or metal plates (commonly called burrs), can be done with either a hand or an electric mill. Some models have both types of plates. Stone plates work with a crushing action and are excellent for grinding low-moisture, nonoily grains such as barley, millet, wheat, rye, oats, rice, and corn. The sharpened grooves of metal plates are best for cracking or slicing high-moisture grains such as soybeans, seeds, and nuts. Whether you're using stone plates or metal plates, keep the whole grains clean by removing any bad kernels or foreign particles.

For making flour, stone plates are most often preferred; they generally produce a fine flour after only one grind or run through the mill. To make a finely ground flour using metal plates, you'll need to run the whole grain through the mill at least three or more times.

Hand-cranked mills: Most often the hand-cranked mills are the least expensive grain mills. Many models of hand-cranked mills have an adjustable knob that can be easily tightened or loosened to make any grind size from cracked to finely ground. For hand-cranked mills without such a knob, you can repeat the grinding process until the desired fineness is obtained. It's best to start with a small amount of grain so that you can make any necessary adjustments of the grind size as you begin. Before you begin grinding, make sure that the mill is securely clamped to a table or countertop. If you grind grains frequently, you might consider permanently installing the mill in the kitchen.

Electric mills: Both encased box styles and freestanding electric mills are available. These mills are more expensive than the hand-cranked models; however, they produce flour much faster, some up to 60 pounds per hour. Most electric models are completely adjustable to produce grains from very fine texture to crack texture simply by turning a dial. Electric mills are best for grinding low-moisture whole grains because the grinding mechanism in most electric mills is stone. In some mill models, the high speed of the grinding mechanism produces heat that can destroy some of the nutrients in the flour. If you're grinding a large volume of grain all at once, the electric grain mill may need a cooling period before grinding more grain. Be sure to follow the manufacturer's directions.

Grain-milling attachments

Attachments, complete with burrs, are available to use with some electric mixers for grinding such whole grains as wheat, corn, rye, oats, rice, buckwheat, barley, and millet. Most models have an adjustment dial on the front of the attachment so that you can select the desired fineness of the grind, from very fine to cracked. These attachments also have mechanisms that feed the grains into the burrs; it's not necessary to press the grain into the hopper with your hands. The maximum amount that can be ground in a mixer attachment may vary. For best results, follow the manufacturer's instructions for both assembling and grinding with these attachments.

Grinding in a blender

Any blender with a glass blending container (grains will scratch plastic containers) is excellent for grinding cracked wheat, oat, or millet flour. A texture-selection device isn't needed; you simply run the blender till the desired texture is reached. It takes about three minutes to grind wheat berries, about one minute for oats and millet. Grind one cup of grain at a time, using the highest speed or the "grind" setting. Check that the blender lid is securely in place before you start.

Photographs: Mike Dieter

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Double-Duty Room Scheme



A good furnishings plan plays up your room's decorative assets and deftly directs traffic around seating areas. Meeting these basic criteria in a large room, like this one, is easier when you create two separate groupings.

A stately fireplace and pretty French doors give this room charm and personality. But it's the furniture arrangement that makes the room comfortable and attractive.

To accommodate a natural traffic path through the room, seating is set up in two separate groupings. A pair of overstuffed chairs faces off in front of the fireplace to form an intimate spot for two. Opposite them, a U-shaped grouping of sectionals provides enough seating for a crowd while emphasizing the expanse of French doors. To unify the scheme, a large rug anchors both groupings. Toss pillows repeat colors picked up from the chair upholstery for another unifying force.

Photographs: Jessie Walker. Design: Robert Turner



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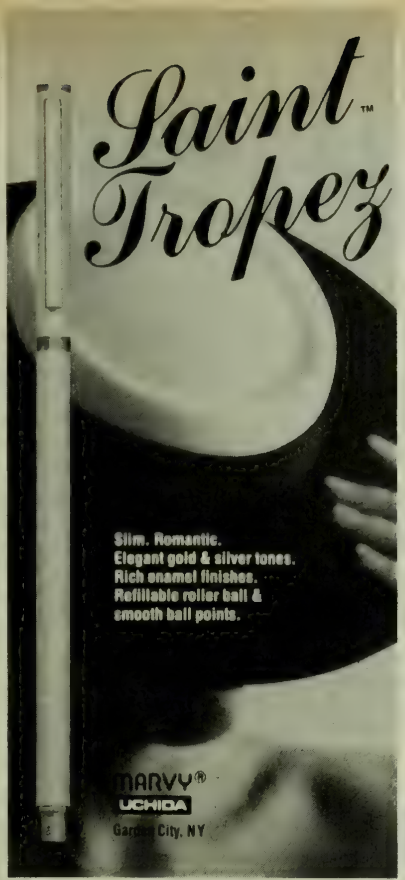
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RENOVATED RANCH

Page 40: Siding "303"—American Plywood Assn., 7011 S. 19th St., Tacoma, WA 98411. **Siding stain** "911," **house trim** "Clay"—Olympic Stain, Bellevue, WA 98004. **Shingles** "Driftwood, Chaparral II"—Owens-Corning, 717 Fifth Ave., New York, NY 10022. **Decking**—Southern Forest Products Assn., P.O. Box 52468, New Orleans, LA 70152. **Furniture** "Windsor," **gas grill**—JCPenney Co., Inc., 1301 Ave. of the Americas, New York, NY 10019.

Page 42 (*top*): Carpet "Visions" in "Buff," **throw rug** "Regent" in "Light Coffee"—JCPenney (address above). **Mirror**—Binswanger Mirror Prod., 965 Ridge Lake Blvd., Memphis, TN 38119. **(*Bottom*): Dining table chairs** with "Blush" **fabric, table setting**—JCPenney (address above). **Window treatment**—JCPenney Custom Decorating (address above).

Page 43: Sofa, chairs, cocktail table, floor lamp, sofa table, desk lamp, rug "Concerto"—JCPenney (address above). **Window treatment**—JCPenney Custom Decorating (address above). **Fireplace insert** "Insight"—Preway, Inc., 1430 Second St. N, Wisconsin Rapids, WI 54494. **Red cedar**—Western Wood Products Assn., 1500 Yeon Bldg., Portland, OR 97204. **Tile** on hearth—American Olean Tile, Lansdale, PA 19446. **Ceiling lights**—Halo, 400 Busse Rd., Elk Grove Village, IL 60007.

Page 44: Kitchen cabinets "Vanguard II" in suede gray—Wood-Mode, Kreamer, Snyder County, PA 17833. **Refrigerator, range, dishwasher**—Whirlpool Corp., Benton Harbor, MI 49022. **Floor tile**—American Olean (address above). **Countertops** "Colorcore"—Formica Corp., 1501 Broadway, Suite 1519, New York, NY 10036. **Ceiling lights**—Halo (address above). **Modular sofa** with "Grey Wool" fabric, **dhurrie rug** "Kismet" in "Pale Ocean," **bar stools**—JCPenney (address above). **Doors**—E.A. Nord Sales Co., P.O. Box 1187, Everett, WA 98206.

Page 45: Fireplace insert—Preway "Royal Brass" (address above). **Butler's tray table, television**—JCPenney (address above).

Page 46: Wire chairs, file cabinets, television, telephone, love seat "Flair" with "Rose" fabric—JCPenney (address above). **Reed ducks, natural baskets**—Palecek by Remington-Freeman Co., 225 Fifth Ave., New York, NY 10010.

Page 47: Bed linens, wall lamps, telephone, portable radio/TV—JCPenney (address above). **Closet doors**—Nord (address above).

Page 48: Bed linens, curtains, bentwood stool—JCPenney (address above).

WINDOW SEATS AND BANQUETTES

Page 98: Pillow, window seat, table drape fabric—Laura Ashley, Inc., Box 1004, 296 Radar St., Port Newark, NJ 07114. **Mini blinds**—Nanik, P.O. Box 1766, Wausau, WI 54401.

Page 99 (*top*): Armoire—The Lane Co., Inc., P.O. Box 151, Altavista, VA 24517. **Sofa and banquette fabric**—Pace Collection, Inc., 11-11 34th Ave., Long Island City, NY 11106. **Ceiling lights**—Lightolier, 346 Claremont Ave., Jersey City, NJ 07305. **Ceiling fan**—Casablanca Fan Co., 182 S. Raymond Ave., Pasadena, CA 91109. **(*Bottom*): Pillow fabric**—Brunschwig & Fils, Inc., 410 E. 62nd St., New York, NY 10021.

Page 100 (*top*): Banquette cushion fabric—Brunschwig & Fils, Inc. (address above). **Ceiling lights**—Lightolier (address above). **(*Bottom*): Pillow fabric**—Brunschwig & Fils, Inc. (address above).

Page 101 (*top*): Wallpaper, Roman shade fabric—Wallpride, Inc., 7050 Valjean Ave., Van Nuys, CA 91403. **Chair, tables, lamps**—Sherrill Furniture Gallery, 235 Kansas St., San Francisco, CA 94103. **(*Bottom*): Print fabric**—Pierre Deux, Inc., 870 Madison Ave., New York, NY 10021.

Page 102 (*top*): Fabric on chairs and banquettes—Boris Kroll Fabrics, Inc., 979 Third Ave., New York, NY 10022. **Table**—Stendig, Inc., 410 E. 62nd St., New York, NY 10021. **(*Bottom*): Chairs at counter**—I.C.F., Inc., 305 E. 63rd St., New York, NY 10021. **Television**—Sony Corp. of America, One Sony Dr., Park Ridge, NJ 07656. **Eating bar counter**—Formica Corp., 1501 Broadway, New York, NY 10036.

Page 103 (*top*): Chair and window seat fabric—S. Harris Co., 991 Francisco St., Torrance, CA 90509. **Cane chair**—The McGuire Co., 38 Hotaling Pl., San Francisco, CA 94111. **(*Bottom*): Window drape fabric**—Fairmont Fabrics, 2735 Jackson Ave., Long Island City, NY 11101. **Carpet**—Rosecore Carpet Co., Inc., 979 Third Ave., New York, NY 10022. **Lamps**—Morrison Lighting, 5498 Redwood Hwy., Novato, CA 94947. **Table**—Cal Mode Furniture Mfg. Co., 9909 W. Jefferson Blvd., Culver City, CA 90230.

TODAY'S LACQUER LOOK MADE EASY

Page 105: Black bed sheets—Martex (Div. of WestPoint Pepperell), 1221 Ave. of the Americas, New York, NY 10020.

Page 106: Red bed sheets—Burlington, 1345 Ave. of the Americas, New York, NY 10020.

Page 107: Paint products—Deft, Irvine, CA 92714. Pratt & Lambert, Buffalo, NY 14240. Rust-Oleum Corp., 11 Hawthorn Pkwy., Vernon Hills, IL 60061. Flecto Varathane, Flecto Co. Inc., Oakland, CA 94604. 3M, Box 33053, St. Paul, MN 55133. Charles Paint Research Inc., Kansas City, MO 64132. Glidden Coatings & Resins, Cleveland, OH 44115. The Sophir Co., Omaha, NE 68127. Benjamin Moore & Co., Montvale, NJ 07645.

SUNDAY-BEST TABLEWARE

Pages 110–111: Dinnerware "Southdown"—Royal Doulton, Doulton and Co., Inc., 700 Cottontail Ln., Somerset, NJ 08873. **Stemware** "Adagio"—Noritake Co., Inc., 41 Madison Ave., New York, NY 10010. **Flatware** "Haverford"—Lunt Silversmiths, 298 Federal St., Greenfield, MA 01301. **Dinnerware**

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"Billingsley Rose"—Spode, Inc., 26 Kennedy Blvd., East Brunswick, NJ 08816. **Flatware** "Plymouth Engraved"—Kirk Steiff Co., 800 Wyman Pk. Dr., Baltimore, MD 21211. **Stemware** "Laurin Platinum"—Gorham, 333 Adelaide Ave., Providence, RI 02907. **Dinnerware** "Rose Chintz"—Johnson Brothers, 41 Madison Ave., New York, NY 10010. **Glassware** "Rosaline" —J.G. Durand, 225 Fifth Ave., New York, NY 10010. **Flatware** "French Chippendale"—Reed & Barton, Taunton, MA 02780. **Dinnerware** "Pergola" and **stemware** "Imperial"—Wedgwood, 41 Madison Ave., New York, NY 10010. **Flatware** "Invitation"—Gorham (address above). "Country Diary" dinnerware—Noritake (address above). **Glassware** "Antique Rust" —Lenox China and Crystal, Tilton Rd., Pomona, NJ 08240. **Flatware** "Wickham"—Wallace Silversmiths, Wallingford, CT 06492. **Milk glass salt and peppers**—The Fenton Art Glass Co., Williamstown, WV 26187. **Bud vase**—Lenox (address above). **Crystal vase** "Maja" and **bell**—Orrefors, 107 Gaither Dr., Mt. Laurel, NJ 08054.

Pages 112–113: Compote, bell, tumbler, and **pitcher** "Maja"—Orrefors (address above). **Stemware** "Rosaline" —J.G. Durand (address above). **Stemware** "Antique Rust"—Lenox (address above). **Dinnerware** "Heirloom"—The Pfaltzgraff Co., P.O. Box 1069, York, PA 17405. **Silverplate** "Enchantment"—Oneida Silversmiths, Oneida, NY 13421. **Teapot, sugar, creamer** "Pergola"—Wedgwood (address above). **Coffee server** "Billingsley Rose"—Spode, Inc. (address above). **Coffee server** "Southdown"—Royal Doulton (address above). **Teapot** "Rose Chintz"—Johnson Brothers (address above). **Plates in hutch, beverage server** "Country Diary"—Noritake (address above). **Platter** "Southdown"—Royal Doulton (address above). **Coffee server** "Billingsley Rose"—Spode, Inc. (address above). **Covered dish, platter** "Rose Chintz"—Johnson Brothers (address above). **Casserole** "Country Diary"—Noritake (address above).

AFTER-WORK COOKING

Page 116: Spreader—Chicago Cutlery, Consumer Products, Inc., 5420 N. County Rd. 18, Minneapolis, MN 55428.

Page 117: Wineglass "Grand Noblesse"—J.G. Durand International, 225 Fifth Ave., New York, NY 10010. **Place mat**—Crate & Barrel, 850 N. Michigan Ave., Chicago, IL 60611. **Spoon**—Schiller & Asmus, Inc., 1525 Merchandise Mart, Chicago, IL 60654.

Page 118: Fork "Northland Stainless"—Oneida Silversmiths, Consumer Service Dept., Oneida, NY 13421. **Plate**—Crate & Barrel, 850 N. Michigan Ave., Chicago, IL 60611. **Glass** "Continental"—Libbey Glass Co., Div. of Owens-Illinois Glass Co., Owens-Illinois Bldg., P.O. Box 919, Toledo, OH 43693.

Page 119: Skillet—Mirro Aluminum Co., P.O. Box 409, Manitowoc, WI 54220. **Towel**—Ritz, John Ritzenthaler Co., 40 Portland Rd., West Conshohocken, PA 19428. **Board**—Hartstone, 299 E. Ridgedale Ave., P.O. Box 400, East Hanover, NJ 07936.

PRIZE TESTED RECIPES

Page 131 (*right*): Dishes—Corning, Consumer Products Div., HP-EB-1, Corning Glass Works, Corning, NY 14830. **Cups** "Design Naif"—Villeroy & Boch Tableware Ltd., 41 Madison Ave., New York, NY 10010. **Tray**—Mikasa, 41 Madison Ave., New York, NY 10010.

Page 132 (*left*): Platter "Ariana"—Conran's, 145 Huguenot St., New Rochelle, NY 10801. **(*Right*): Plate** "Coburg"—Villeroy & Boch Tableware Ltd. (address above).

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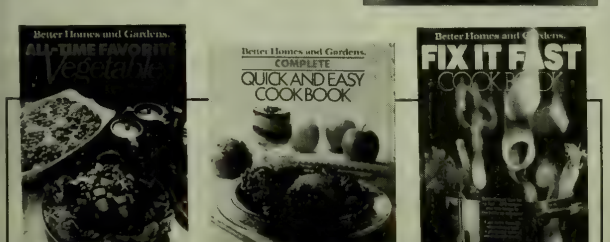
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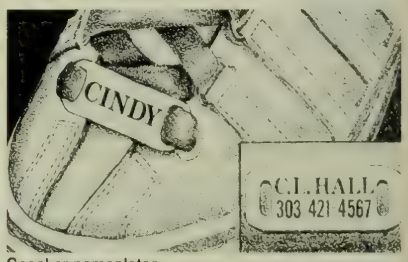
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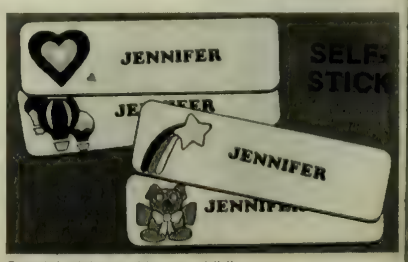
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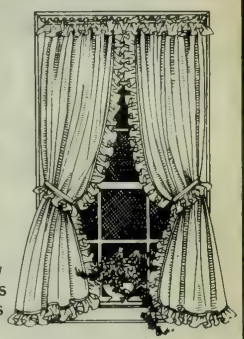
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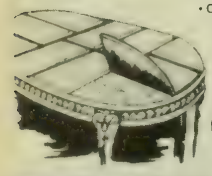
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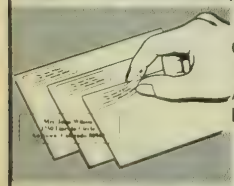
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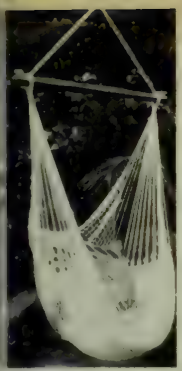
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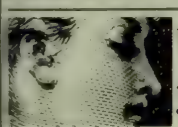


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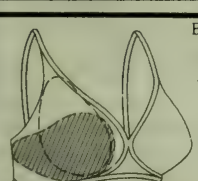
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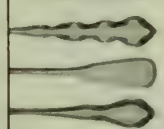
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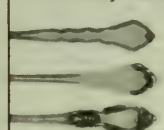
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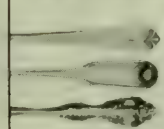
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THE MAN NEXT DOOR

Betty Bigley maintains that the last rose of summer isn't half as lovely as the first daffodil of spring.

Pessimists, according to editor Earl Reeves, say the world is going to the dogs, while optimists note that it certainly is a nice day for it.

Grumpy Ned Carter says he likes to remember the old days, when the only swearing you were likely to hear came *after* the movie.

Lee Bayless thinks it's a good idea to have at least a few solid convictions, just so you don't have to think twice about everything.

April is the month Isabel Norman insists that her sports-nut husband Bill find some time in his television schedule for "Wide World of the Front and Back Yards."

The Rev. George Hall reminded us Sunday that no matter how far man goes in space, the one place he'll never be able to reach is yesterday.

Our Judy, studying city government at school, asked the family which municipal service we thought most essential. Chris suggested water, Burt, Jr., voted for electricity, but I held out for trash collection.



"Why can't we be a fun couple like the Benchleys?"



"If you push one button on your calculator, then push another, how many buttons have you pushed?"

Principal Ron Drury mentioned that military service is a good choice for some youngsters. He said he's seen "more than one kid who couldn't be trusted with the family car take the controls of a $10-million plane just a few years later."

Ken Floyd marvels at the time, money, and energy we spend on seeding, fertilizing, and watering just so we can spend more time and energy mowing, trimming, and bagging.

Our popular friend Elaine Cowan wonders why television sets, with their larger pictures and superior color, have grown so much more sophisticated than the plots of the shows that appear on them.

Dick Dresch says he'd like to consolidate all of his monthly payments into one condo in Acapulco.

"Look on the bright side," writes editor Earl Reeves. "Despite all the stupid things we do, we still observe April Fool's Day only once a year."

Dot Dresch says that procrastination is an idea whose time probably will come tomorrow.

Chris and I have observed more than once that our older home is a mixed blessing—we got much more space for our money, but something always needs to be done.

I think we enjoy planning the projects as much as doing the work itself, and the great thing about them is how nice things look when they're finished.

Our most recent project is relatively simple, but time-consuming. We're redecorating our bedroom for the third or fourth time.

That means painting the woodwork, hanging new wallpaper, and making new curtains. Our bedroom, a converted sun porch, has windows on three sides, so it takes curtains by the yard. It also has half a mile or so of woodwork that soaks up paint by the gallon.

We've been taking our time with this job, but we're going to have to get busy and finish up because the weather will be turning nice any day now, and the outside trim is crying out for a new paint job.

Fortunately, Chris and I enjoy working on our home, and it never lets us down. It always has something for us to do.

Burton Hillis

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Menopause can mean the beginning of serious problems for 1 in 4 women



Fortunately, I know something she didn't. The reason so many women become stooped and frail after menopause is a bone disorder called osteoporosis.

Osteoporosis is a gradual, abnormal loss of bone tissue that can begin during menopause. In its early stages, osteoporosis may have no symptoms at all. But eventually it causes bones to become so weak and fragile that they can no longer support weight...and a movement as simple as standing up can cause a bone to fracture.

Left untreated, osteoporosis can cause painful collapse of the spinal column. Osteoporosis results in progressively more stooped posture, or "dowager's hump," and loss of height. And osteoporosis is the major reason why so many older women suffer broken hips.

I wish I could tell you osteoporosis is rare. It isn't. It affects one out of every four women over the age of 45. And each year approximately 200,000 women break a hip because of osteoporosis. I wish I could tell you osteoporosis is non-life-threatening. I can't. Complications resulting from osteoporosis-related hip fractures now constitute the 12th leading cause of death in the United States.

What can be done to help prevent osteoporosis?

A lot. If you start early...and see your doctor. Proper diet, calcium supplementation, regular exercise, and cutting down on smoking and alcohol are important preventive measures. But these measures may not be enough. Only your doctor can give you an individualized program to prevent osteoporosis.

To receive a free booklet about osteoporosis, send a stamped, self-addressed envelope to: Osteoporosis, Campus Road, Totowa, NJ 07512. And see your doctor now. You owe it to the woman you're going to be in 20 years.

Osteoporosis

See your doctor before the damage is done

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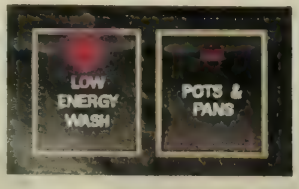
After a good meal, you should be able to relax—not spend all your time cleaning up. Whirlpool® dishwashers are designed to help make it happen...and make your world a little easier.

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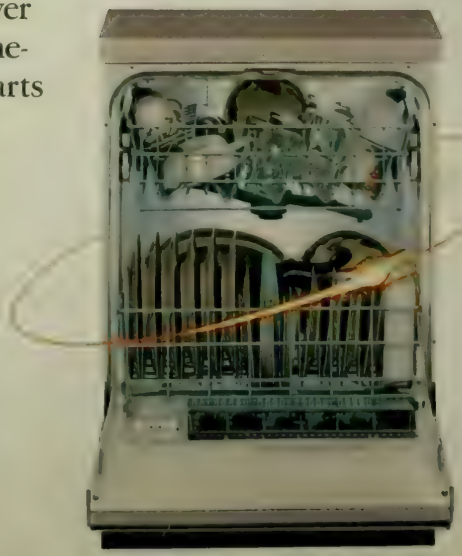
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Simply Beautiful

PAGE 124 *Natural materials, warm tones, and pared-down simplicity: They add up to fresh springtime looks that are easy to create.*



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Tex-Mex

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- 1/4 cup Worcestershire sauce
- 3 Tbsp chili powder
- 1 clove garlic, minced
- 1/8 tsp hot pepper sauce

Home-Style

- 1/2 cup BEST FOODS® Real Mayonnaise
- 1/2 cup catsup
- 1/4 cup Worcestershire sauce
- 1/4 cup prepared mustard
- 1/4 cup firmly packed brown sugar or Karo® dark corn syrup
- 1/8 tsp hot pepper sauce

Sweet 'n Sour

- 3/4 cup apricot preserves
- 1/2 cup BEST FOODS® Real Mayonnaise
- 1/2 cup catsup
- 1/4 cup soy sauce
- 1 tsp ground ginger

(pictured)

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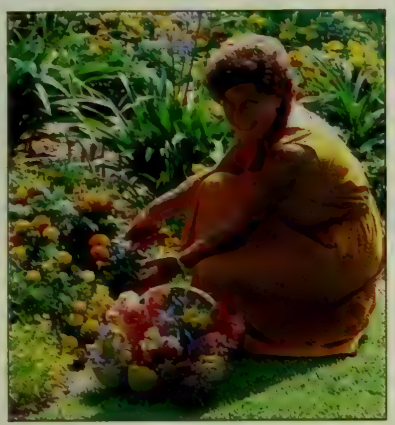
CasaBlanca Fan Company, Inc., 1985

EDITOR AT LARGE

I keep wondering if gardeners are as crazy as I think they are, me included. Or maybe there's some kind of gardening gene that comes into bloom every spring and compels us to punch seeds into the ground.

Goodness knows, most of us suffer this terrific compulsion to grow things. If we have no dirt, we get some. We mulch, we water, we compost, we weed, we cultivate.

A few years ago, I was editor of *Apartment Life* magazine—the predecessor of *Metropolitan Home*—a magazine targeted specifically at young, upwardly mobile urbanites on life's fast track. And what did we find these hip young folks wanted to know more about? About growing things, that's



Alice Menard, super gardener . . .

Goodness knows, most of us suffer this terrific compulsion to grow things. If we have no dirt, we get some. We mulch, we water, we compost, we weed, we cultivate.

what; how best to cultivate vacant city lots, how to grow houseplants, how to garden on an apartment balcony.

I'm the first to admit that my wife, Gerrianne, and I are as nutty as anyone else. Our yard is dominated by grass-killing oak trees in front and by patio and deck in back.

But despite the overwhelming odds against success, we have persisted for years in trying to grow things in the shade of the oaks. Of course, the bulbs always do well because they come up in the spring, before the trees leaf out. Mostly we succeeded in growing dwarf vegetables. Not dwarf varieties, mind you, but real dwarfs.

Gradually, our efforts have been given over to Gerrianne's ever-expanding herb garden, and with good reason. The herbs grow well, they tolerate the shade, and they're prettier than scruffy zucchini and tomato plants.

I have friends who are just as weird. One has a miniature vineyard growing along an embankment bordering a city street. Another friend planted dozens of tulip bulbs only to discover on reading the directions later that he had planted them all upside down.

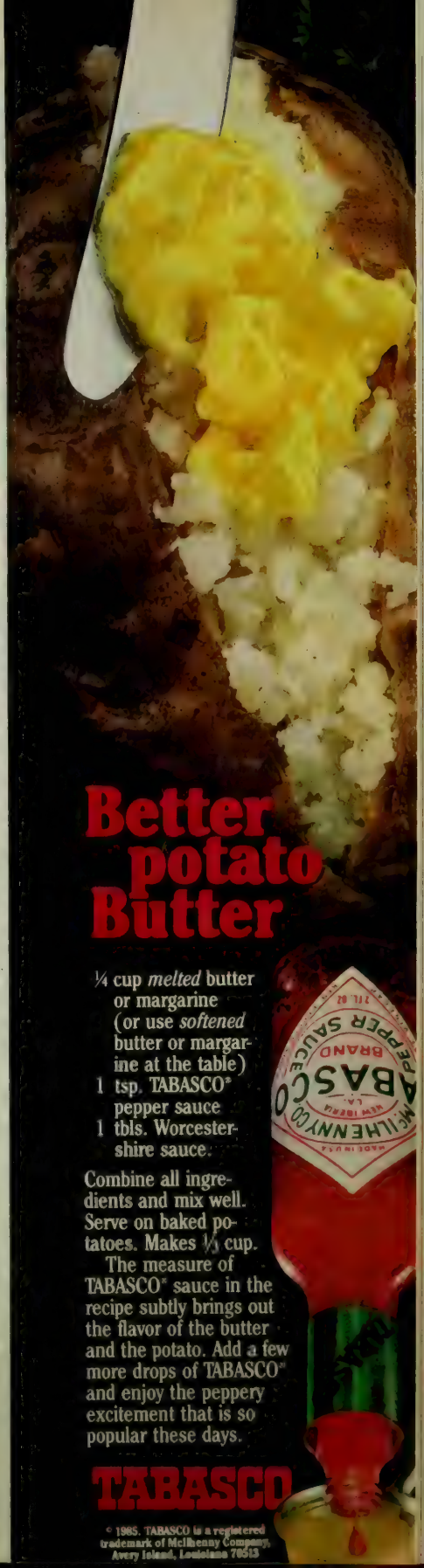
There's a lot of wholesome enthusiasm for gardening in this land, and all of us here at *Better Homes and Gardens* want to help. The issue you hold in your hands should do just that.

We've included something for gardeners of every taste—from Alice Menard's San Diego super garden to the much simpler but equally satisfying idea of buying a few bedding plants at the local nursery and potting them up for a little color around your yard.

Personally, despite our setbacks at home, I love gardening. It's pleasant, straightforward and satisfying. But best of all, gardening is an act of hope; an act of faith. Nobody who thought there would be no tomorrow would take the time to cover seeds with dirt.

David Jordan

David Jordan, Editor



EVERY SINGLE DAY. CUISINARTS.®



You will find the Cuisinart food processor the most useful kitchen appliance you have ever owned. The simple fact is: it's a workhorse. You will use it and use it and use it. For breakfast, lunch, dinner. And snacking and "grazing."

So forget the mixer, the blender. Forget complicated appliances like kitchen centers. The Cuisinart food processor does everything they do and a lot more. Easier, quicker. And better.



For instance, the chicken salad sandwich you see here. A Cuisinart food processor chopped the chicken, made the fresh mayonnaise, even kneaded the bread. It sliced the meat and julienned the vegetables for the beef stir fry. It sliced the strawberries for topping the yogurt. It mixed the batters for the muffins, brownies and cookies and made the pizza from scratch. The Large Feed Tube helped double slice the celery, zucchini and carrot sticks. And the lemon meringue pie?



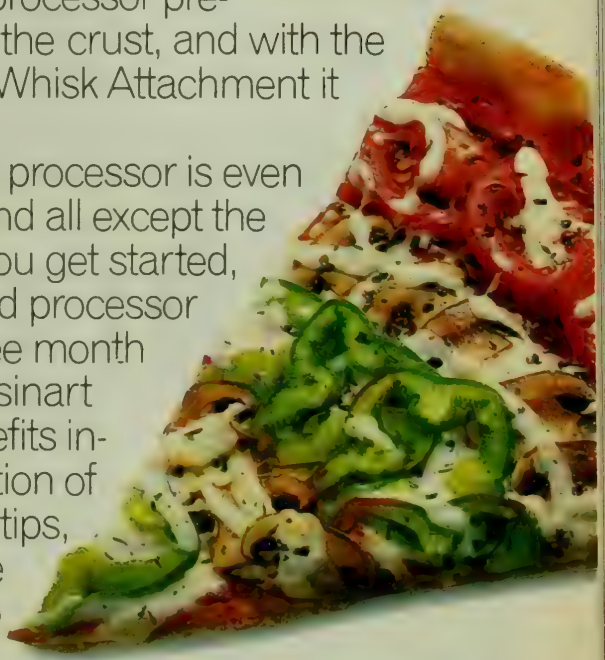




The Cuisinart food processor prepared the crust, and with the new optional Cuisinart Whisk Attachment it whipped the meringue.

The Cuisinart food processor is even easy to clean: there are very few parts, and all except the base go in the dishwasher. And to help you get started, when you buy a Cuisinart food processor you'll be offered a *free* three month membership in the Cuisinart Cooking Club, with benefits including its monthly collection of recipes, techniques and tips, that enable you to use your food processor to its fullest.





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"REUPHOLSTERY IS MORE THAN JUST A FACE LIFT!"

Lloyd Bell
Interior Designer, F A S I D



Many consumers believe reupholstery is a superficial affair. And that all it involves is putting new fabric on an old sofa or chair. To the contrary. Reupholstery is an inside-out, bottom to top job and it can transform an old piece into a real beauty.

THE INSIDE STORY. Your upholsterer starts with the frame. If it has weak spots, a good professional can strengthen them. Some upholsterers even replace support pieces that are loose or missing. They re-tie the springs. Put in new webbing.



Apply new filling and padding to restore the shape of the piece like new. And you save on the cost of the frame which is what you paid good money for in the first place.



Wing chair reupholstered in Naugahyde "Modern Burnished Antique" Color: Chestnut

VALUE MAKES A COME-BACK. Reupholstery is all hand craftsmanship. In the hands of a good professional, your recreated piece is on a level with a custom-made. And the economics make sense. On a large piece, like a sofa, with a quality fabric, the savings (estimated by a reputable workroom) can be 15% to 25% less than the price of a good ready-made.

IMPORTANCE OF FABRIC. Reupholstery also offers more than a superficial choice of fabric. The variety is so abundant in colors and textures, you can wind up with a decorator fabric and still save on the total cost of the job.

INNOVATIVE NAUGAHYDE® Many fabrics today offer advantages in wear, styling and cleanability. And one of them is soft, supple Naugahyde® The colors come as a surprise—over 600—in decorator tones like Claret, Persimmon, Woodrose, Heather Blue, Navy and a wide range of beiges, browns, russets, black. Naugahyde has the rich leather look that's currently in fashion, and an appealing soft hand. It drapes and tucks fluidly, lends itself to all styles of furniture, and is uniquely cleanable. It's spot and stain resistant and spills wipe clean with a damp cloth. Most important, Naugahyde gives hearty, long wear.

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Here's a gem of a Seiko clock inspired by the design of the Art Deco era. Sleek, clean lines and gold-tone gleam capture the essence of a most elegant period. But the Seiko Quartz accuracy lets you know it's truly today. Come see all the wonderful Seiko Quartz mantel, wall, table and travel clocks. All priced from $29.50 to $795.00.

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Seiko Time Corp. 198


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The relaxed life.
You'll find yourself with more time to lounge and unwind...BedSack® bedclothing makes bed-making easy. Looks and feels great. Protects mattresses, boxsprings on all four sides and top. Seamless Quiltrasonic® stitching; fluffy PerfectPuff® plush polyester filling. Machine wash, tumble dry, no-iron.
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For kids who use Crest, it's an easy chair.

Now we're not saying that by using Crest your kids will never get a cavity. But, the simple fact of the matter is that every year Crest prevents more kids' cavities than any other toothpaste. And that's a statistic that we're real proud to brag about.

The ingredient that makes Crest so tough on cavities is Fluoristat.® A cavity-fighting system that actually concentrates its protection where kids' teeth need it the most. So, when your kids brush regularly with Crest, there's a real good chance that when they sit down in that dentist's chair, they're going to have an easy time with it. And if you're a parent, that's a very comfortable feeling.

Crest with Fluoristat

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"Crest has been shown to be an effective decay-preventive dentifrice that can be of significant value when used in a conscientiously applied program of oral hygiene and regular professional care." Council on Dental Therapeutics, American Dental Association

WHAT'S HAPPENING

PRESERVATION ON MAIN STREET

Every town, city, and neighborhood has a Main Street with a character to preserve and an economy to maintain or redevelop. Main Street can again become a place to work, shop, and play. That is



the theme for the National Trust for Historic Preservation's "The Action's Back on Main Street" Preservation Week May 12 to 18. Emphasis will be on preserving America's architectural, cultural, and maritime heritage as an economic as well as aesthetic factor. It's time to get reacquainted with *your* Main Street.



PICKLE MANIA

Pickle Packers International do more than represent the pickle industry: they spread good humor as well. Pickle week—celebrated the last *two* weeks of May—was first celebrated in 1948 to satirize other "national" weeks and days. Comedian Sam Levenson once quipped, "There's only one day a year for Mother, but there's a whole week for pickles!"

During this pay-attention-to-the-pickle period, keep in mind: Americans prefer pickles with "warts," while Europeans prefer pickles that are smooth; a good pickle has an audible crunch at 10 paces; and the Pickle Packer's 11th commandment—"Don't take thyself too seriously!"

JUST WHAT THE DOCTOR ORDERED

There's added sunshine in the days of cancer patients at The Children's Hospital in Denver. Thanks to a pioneer study called the Prescription Pet Program, eight canines owned by hospital volunteers take turns visiting the kids. The hospital and the Denver Area Veterinary Medical Society's Pet Facilitated Therapy Committee monitor the program.



A child's parents and doctor must approve each pet visit. Only dogs passing behavioral and physical exams are permitted in the wards. Soon, the program is expected to be expanded to other areas of the hospital.

For more information, contact Fern Bechtel, Director, Dept. of Volunteer Services, The Children's Hospital, 1056 E. 19th Ave., Denver, CO 80218.

HANDCRAFTED FURNITURE TOURS

Contemporary furniture designed by 19 of the country's top woodworkers uses Colorcore to create some visually astounding pieces. Formica's Colorcore has color throughout its entire thickness, and can be cut, sanded, routed, scored, or polished. The colorful results go on display April 26 at the Renwick Gallery of the Smithsonian for six months before starting a 12-city tour. Get itinerary updates for "Material Evidence: New Color Techniques in Handmade Furniture" from the Smithsonian Institution Traveling Exhibition Service, Washington, DC 20560; phone 202/357-3168.





continued

HOORAY FOR GOOD STUDENTS!



Since 1966, students excelling in athletics and physical fitness have been eligible for the Presidential Physical Fitness awards. Now, students who have attained a high *academic* standing may be recognized with Presidential Academic Fitness Awards.

Established in 1983 for high school students, the Academic Fitness program has been expanded to include students in junior high, middle schools, and elementary schools. (School principals must obtain approval from their superintendent, school board, or governing body before participating in the program.) Grade points, test scores, and course work are all evaluated.

For more information, contact your child's school or write: Presidential Academic Fitness Awards, U.S. Department of Education, P.O. Box 23749, Washington, DC 20026-3749.

continued

KIDS OF THE WORLD GET TOGETHER



Young people from five continents will be making a beeline for Copper Mountain, Colorado, this summer, as Club Med debuts its U.S.-based international camp for kids. This Kids of the World program brings children aged 8 to 16 from around the globe together in a beautiful setting.

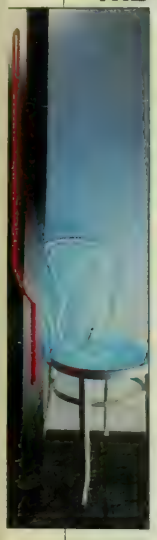
Some 450 boys and girls will spend four or eight weeks at Club Med-Copper Mountain ($1,985 for four weeks, $3,295 for eight). Activities range from sports to computer training and language labs.

Telephone 800/CLUBMED, or you can write to Club Med Sales, 7095 N. Hayden Rd., Scottsdale, AZ 85261.



Photographs: Club Med

NEON—THE CAT'S MEOW!



Once the stuff of the Sunset Strip and Broadway rhythm, neon is now staging an appearance in home decorating. Electric sculpture like this clear blue neon cat ($160) from the "Say It In Neon" gallery, 434 Hudson St., New York, NY 10014, proves that a touch of fun is always in good taste. Available in four different poses, the 17½-inch cat comes with its own transformer. The stylized Neon Torch ($625) from George Kovacs Lighting, 24 W. 40th St., New York, NY 10018, hides a halogen uplight. In red, white, blue, or orchid, the neon tube lasts up to 30 years.

INTEREST IN BIRD-WATCHING SOARS

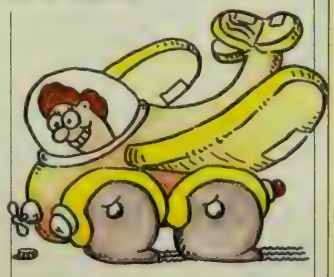


Bird-watching isn't just for little old ladies in tennis shoes anymore. In fact, according to a recent United States Fish and Wildlife Service survey, people in all walks of life are enjoying our feathered friends. The survey finds that about one quarter of the American population watches birds and that 3 percent of this group considers themselves to be "committed" birders. A committed birder, by definition, can easily identify 40 different species of birds. Birders are also well informed about key wildlife and environmental issues.

NEW BRAKES MAKE PANIC STOPS SAFE

You're buzzing along the highway in a light rain. The car in front of you suddenly slows down. You slam on your brakes, the wheels lock, you start to skid, lose control of your steering, and . . . .

What you SHOULD have done to avoid an accident was pump the brakes, not jump on them. But few drivers have that kind of self-control. Now there's an electronic "antilock braking system" (ABS) that does the pumping for you automatically, allowing a straight, sure stop with full-control steering on any surface. It's likely to be a major safety feature on passenger cars in the next few years. Some 1985 Ford and Mercedes-Benz models have ABS as standard or optional equipment. GM plans to offer it on some 1986 cars.



A similar antiskid braking system has been used on jet aircraft for years.

NEXT MONTH IN Better Homes and Gardens



OUTDOOR LIVING

Build 'em! Enjoy 'em! Twenty super new projects for yard, deck, porch, and patio guaranteed to make your summer more pleasant than ever. You'll find a grand array of ideas—from gazebos to barbecue pits to kids' play structures.



BRING ON THE BARBECUE!

North, south, east, and west—everyone loves barbecue. But the South claims the best barbecue around. We visit with two award-winning southern backyard chefs who share their secret recipes.

PLUS:

Fabulous Family Room Add-Ons . . . Good Design at a Good Price . . . New Solutions to Discipline Problems . . . Camping in Super State Parks . . . and much more!

Smoking in public: A radical proposal.

These days the level of social discourse between smokers and non-smokers is approaching that of a tag-team wrestling match.

While some people try to solve this problem through segregation or confrontation, we at R.J. Reynolds have been proposing a more daring solution: greater courtesy.

For these outlandish views we might be called dreamers and cockeyed optimists. But we continue to believe in the power of politeness to change the world.

We can almost imagine how it might begin.

A smoker is about to light a cigarette in public. He pauses in mid-match, suddenly conscious of the non-smoker next to him. Bracing himself for a hostile response, he asks, "Excuse me, do you mind if I smoke?"

The non-smoker is momentarily stunned by this unexpected act of courtesy. She stifles several witty replies that leap to mind; she cannot let his politeness go unchallenged. "I don't mind," she answers, "as long as you don't let your smoke blow in my face."

Her flagrant tolerance puts the smoker on the defensive. But he tries to regain the upper hand. "I'll do my best," he responds. "Let me know if the smoke bothers you."

A deft comeback. But the non-smoker presses her attack: "I will —and thanks for asking." Not to be outdone, the smoker brazenly replies, "Thanks for being so understanding."

An unlikely dialogue? Perhaps. But, who knows? If this sort of thing ever caught on, it might lead to a sudden outbreak of civil decency. Or even escalate into full-scale friendliness.

Common courtesy. It's just crazy enough, it might work.

Brought to you in the interest of common courtesy by

R.J. Reynolds Tobacco Company

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LETTERS

FROM OUR READERS

IN the January issue of *Better Homes and Gardens* I invited letters from you, our readers, for inclusion in a new feature called "Family Network"—our version of a letters-to-the-editor column. I asked you to describe how you or your friends and neighbors solved problems involving family or community in the hope that your experience might benefit all of us. We believe that the best solutions come from people who must deal with the problems. Your response was all I had hoped for, and more. You will find the first selections below.

I again invite you to write to us at Family Network, Better Homes and Gardens, 1716 Locust St., Des Moines, IA 50336. All letters, of course, become the property of *Better Homes and Gardens* magazine.

David Jordan, Editor

Teen's clothing

As the working mother of four I have very little time for shopping with my children. My oldest son, Mark, is 14, and not much fun for me to shop with because our tastes tend to clash.

I hit upon the following idea: One day on my lunch hour I went to a local clothing store and selected shirts, slacks, sweaters, and shoes in two sizes, and had the clerk put them aside. My son went to the store after school, tried everything on and set aside the things he liked in the proper sizes. Later, I picked them up and paid for them.

Mark was allowed to make a couple of choices of his own from the racks for my approval.

We managed for the first time to buy a new fall wardrobe without conflict, and I think Mark was pleased to have the chance to shop by himself.

Carol J. Wilson
Frankfort, Indiana

Neighborhood eyesore

We moved into this neighborhood eight years ago. The houses have all been built around us now except for one vacant lot across the street. The neighbors take pride in their lawns, so this vacant lot was especially objectionable.

It was unlikely that we could force



the owner, a builder, to keep this lot cleared, so the men of the neighborhood took it upon themselves to clear it. They burned the weeds and brush, then leveled the lot with hoes and rakes. Finally, they spread a variety of grass seed, the really hardy kinds, and waited to see what would happen.

The "what happened" truly astonished everyone. The seeds grew into a thick lawn that is the envy of the neighborhood. We all refer to it as "The Park." Nobody ever says, "It's your turn to mow the park." Everyone just takes turns doing it.

Linda Sisson
Louisville, Kentucky

Family finances

My sister wanted her children to be aware of changes in the family's finances, but couldn't find a concrete way to get the message across until she and her husband hit upon this system:

The children's weekly allowances were changed from flat rates—$2, $5—to percentages of the total family income, 0.5 percent, for example.

Changes in the allowances make the children aware of changes in the family financial picture, and make explanations of why some luxuries can't be purchased much easier.

Donna Inanen
Prospect Heights, Illinois

Kitchen school

Learning was difficult for my oldest son for a few years when he began school. It seemed that every evening, while trying to prepare dinner, I was trying to help him with homework and keep my younger daughter entertained away from the TV at the same time.

Here's how we solved the problem. My husband found a piece of blackboard slate. I stood it in a quiet corner of the kitchen with a box of chalk. While I fixed dinner each night, my son would work on the blackboard on math lessons from school that day. I could tell at a glance if he made a mistake.

To keep his sister, aged 5, occupied, I squirted some shaving cream on the refrigerator door for her to do finger painting. When she was finished, I just wiped off the fridge, and it sparkled.

Annette Buss
Elwood, Illinois

Family reunions

My generation—a widower, a spinster, two married brothers (our ages range from 65 to 80)—lives in southeastern Pennsylvania. Years ago, the whole family got together at summer picnics, but now the children are scattered from San Francisco and Las Vegas to Florida, and it is impossible to get them all together.

But my generation still can get together. Once a month or so I call each of the siblings, we meet centrally at an inexpensive restaurant or tearoom, and bring along any children or grandchildren who might be visiting, photographs the children have sent, and whatever "news" is current, and we have a "reunion."

Kenneth H. Hallman
Pennsburg, Pennsylvania


EVERY DAY
YOU GIVE IT ALL
YOU'VE GOT
EVERY NIGHT
SEALY POSTUREPEDIC®
GIVES IT BACK
Only you know what it takes to get through your day. And Sealy knows what it takes to get you through tomorrow. A good night's sleep.
That's why Sealy cooperated with leading orthopedic surgeons to design the world's most advanced sleep system, Sealy Posturepedic.
A Sealy Posturepedic mattress provides the sheer comfort and unique support you need to feel your best all day long.
So go ahead. Give it all you've got. And let Sealy Posturepedic give it back.
Sealy
SEALY POSTUREPEDIC

EMPHASIS ON EDUCATION

NEW TRENDS YOU SHOULD KNOW ABOUT

AFTER-SCHOOL JOBS: GOOD OR BAD?

It all depends on whom you talk to, according to a study by Linda McNeil, an assistant professor of education at Rice University. McNeil probed the issue as a postdoctoral fellow at the Wisconsin Center for Education Research.

Teachers blamed jobs for incomplete assignments, sleepiness during class, and the selection of easier courses. Students had a different view. They acknowledged that work interfered with social and leisure activities, but not school. Most said they spent little time on homework because little was assigned (which was verified by other findings).

McNeil suggested that teachers generally have lowered expectations of students because there are more demands on students' time outside school these days. Students, for their part, come to think of the lowered demands as normal and conclude that their jobs do not interfere with their education. "Teachers also should try to incorporate job experiences in assignments in courses such as writing and social studies," McNeil advises.

BOOKS FOR TEENS WHO DON'T LIKE TO READ

Want to help motivate a teenager to read more? It may be a matter of finding contemporary books that truly interest him or her.

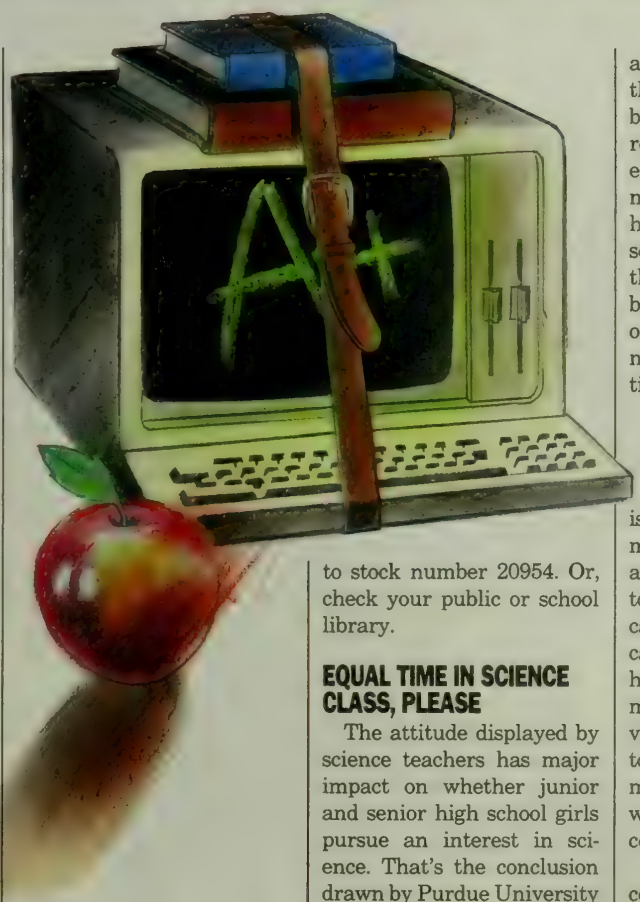


Illustration: Ivan Powell

Now there's help from the latest edition of *High Interest—Easy Reading,* published by the National Council of Teachers of English (NCTE). The guide describes over 350 current works of fiction and nonfiction. Books are grouped under 12 different headings—with everything from adventure and careers to science and sports. For a copy, send $5 prepaid to Order Department, NCTE, 1111 Kenyon Rd., Urbana, IL 61801. Refer to stock number 20954. Or, check your public or school library.

EQUAL TIME IN SCIENCE CLASS, PLEASE

The attitude displayed by science teachers has major impact on whether junior and senior high school girls pursue an interest in science. That's the conclusion drawn by Purdue University professor Jane Butler Kahle, who did extensive research on the topic.

Kahle reported at a meeting of the American Association for the Advancement of Science that the teacher's instructional style probably has even more impact than whether the teacher is a man or a woman.

Kahle found that the best teachers involve girls (as well as boys) in science labs and discussions, provide career information, emphasize basic skills like graphing and measuring, and have the same expectations of boys and girls in the classroom. That's not the case everywhere. "Unfortunately, most science teachers still hold—consciously or unconsciously—sex stereotypes that affect their classroom behavior," Kahle said. "Boys often are allowed to dominate discussions and activities in science classes."

COLLEGES: PICKING BY COMPUTER

Finding the right college is a tough assignment that many high school students and their parents will have to face. The research alone can be exhausting. Now you can look to a computer for help: *College Explorer* is a microcomputer program developed by the College Board to help high school students match their requirements with 2,700 universities and colleges.

Students search the file comparing more than 500 options for important college features like curriculum, geographic location, enrollment size, and selectivity. After doing a personal college preference profile, students receive an on-screen list or printout of suitable colleges.

You should have your youngster check his or her school guidance office to learn if *College Explorer* is available there, or check the school or public library.

continued

continued

FOUR-DAY WEEK A SUCCESS IN COLORADO

The four-day week isn't just a concept for the workplace. Over 30 Colorado school districts have switched to the four-day week in recent years, primarily as an energy-saving measure in rural areas. Youngsters still attend class for the same number of hours each week, but school days are longer.

According to two Colorado State University researchers, Joe Daly and Bob Richburg, the four-day school week is a winner. Beyond meeting the original objective of trimming heating and transportation bills, the shorter week also cut absenteeism by both students and teachers. However, students' attitudes and achievement levels were unaffected by the four-day week, the researchers reported.

ABILITY GROUPING CAN HURT

For years, elementary teachers have followed the practice of grouping youngsters within a class by ability—in reading groups, for instance. It's known to help the brightest students, but what of the slower learners?

The answer is not reassuring. According to participants in a conference sponsored by the Wisconsin Center for Education Research, ability grouping in the elementary grades hinders the achievement of students assigned to low groups. Not only do students in the low groups start at lower achievement levels—their potential for achievement also is diminished.

According to conference participant Maureen Hallinan, professor of sociology at the University of Notre Dame, teachers of low-ranked groups spend more time on administration and discipline and less time teaching and interacting with students. Other research has suggested that students and teachers in low-ranked groups have lower standards about classroom behavior and discipline. Labels tend to stick, and students who are assigned to a low group may stay at the bottom of the academic ladder for the rest of their school careers.

The researchers' conclusion: If ability grouping is used, elementary teachers should be more flexible and give youngsters in low groups plenty of chances to move up.

COMPUTER HELPS FOR THE HANDICAPPED

Computers offer special educational challenges as well as opportunities for youngsters with physical impairments. But often it's difficult for parents and teachers to find out where they can learn more about meeting a handicapped learner's unique needs. Now there's a resource guide, originally compiled as a special project of the U.S. Department of Education, Special Education Programs Office.

The guide includes sections on educational computer basics, less expensive hand-held electronic learning devices and listings of special periodicals, software vendors, associations, manufacturers, and other resources for handicapped individuals. For a copy of the guide, send $2 to JWK International Corp., 7617 Little River Turnpike, Annandale, VA 22003.

For further information on the top

continued



'79

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DIAMOND ANNIVERSARY CELEBRATION

EDUCATION

continued

of technology and the handicapped learner, contact the Center for Special Education Technology Information Exchange, 1-800/345-8324.

WHAT'S YOUR LEARNING STYLE?

These days, educators are paying serious attention to the learning environment that best suits an individual child—reflecting differences in when, how, and where a youngster learns best. But only a few are probing the *teachers'* learning styles as well.

Researchers at the University of Florida's P.K. Yonge Laboratory School have both teachers and students take the simple 20-minute, machine-scored Learning Styles Inventory. The objective is to make teachers more aware of how their preferences influence teaching styles. Among the variables that determine what works best for individual students—and teachers—are these:

- Background music covers up distracting noises for some. For others, it's a serious distraction in itself.
- Bright lights suit some people; dim lights, others.
- Strict scheduling gives a sense of security to some learners. It makes others feel hemmed in.
- Some people learn best by themselves, others in groups of two, others in larger teams.
- Having a teacher hover nearby inhibits some students' learning, although others thrive on a teacher's attentive presence.
- Some folks do best at a desk, others sitting cross-legged on the floor.

IS YOUR YOUNGSTER A "MATHLETE"?

MATHCOUNTS is the apt title of an exciting new competition that's sweeping America's schools. The countdown for over 1 million seventh- and eighth-grade "mathletes" began in local schools and will culminate in a national competition this May in Washington, D.C. Categories range from simple addition and subtraction to counting and estimation. Some geometry and—for the first time this year—computer skills are included, too. For further information, write one of the sponsors, the National Society of Professional Engineers, Information Center, 1420 Kind St., Alexandria, VA 22314.



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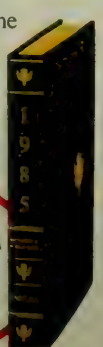
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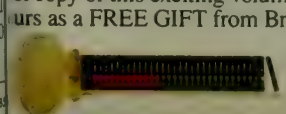
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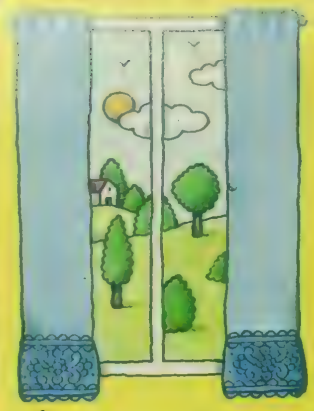
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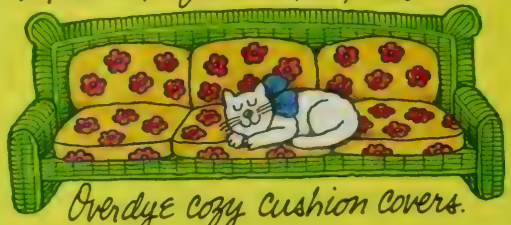


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Design in Review: Fabulous '50s Furniture

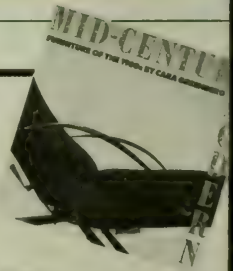
Mention the 1950s and many people think of poodle skirts or pink flamingos. Not '50s furniture aficionado Cara Greenberg. She equates the flamboyant era with the Tulip, Womb, Egg, and Ant, names of just a few of the classic '50s chair designs still flourishing.

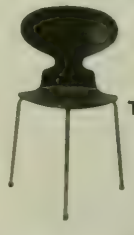
Despite its kitsch image, the decade from 1947 to 1957 gave rise to extraordinary furniture, Greenberg maintains. In **Mid-Century Modern: Furniture of the 1950s** (*Harmony Books, $30, 175 pages*), she sets out to prove it, using 250 photographs from the works of design legendaries like Charles Eames, Eero Saarinen, and Isamu Noguchi.

ELEMENTS OF STYLE

Just what are the elements that make '50s furniture worth remembering, let alone reviving?

- **Shape** for one, says the author. Sparked by the newfound space-age ingenuity, designs mirror "modern" biologic and atomic forms. Amoebas, parabolas, and sputniks translate into lamps, ashtrays, clocks, and, yes, even fine furniture.
- **Materials** and, more precisely, how they're used. The same know-how that fired our factories inspired our designers. Tables, chairs, and sofas of plastic, plywood, tubular steel, aluminum, and other postwar wonders prove that technology and design, form and function, can go hand in hand.
- **Imagination**, after all, is what '50s furniture is really about; likewise, this colorful catalog of the creative decade. More than a reference, Greenberg's **Mid-Century Modern** is a gentle reminder that only in an era in which anything was possible could an Egg and an Ant capture our hearts.





The Ant



The Tulip



The Egg



The Womb

Photographs: courtesy of Harmony Books, Knoll International

Marlboro Lights

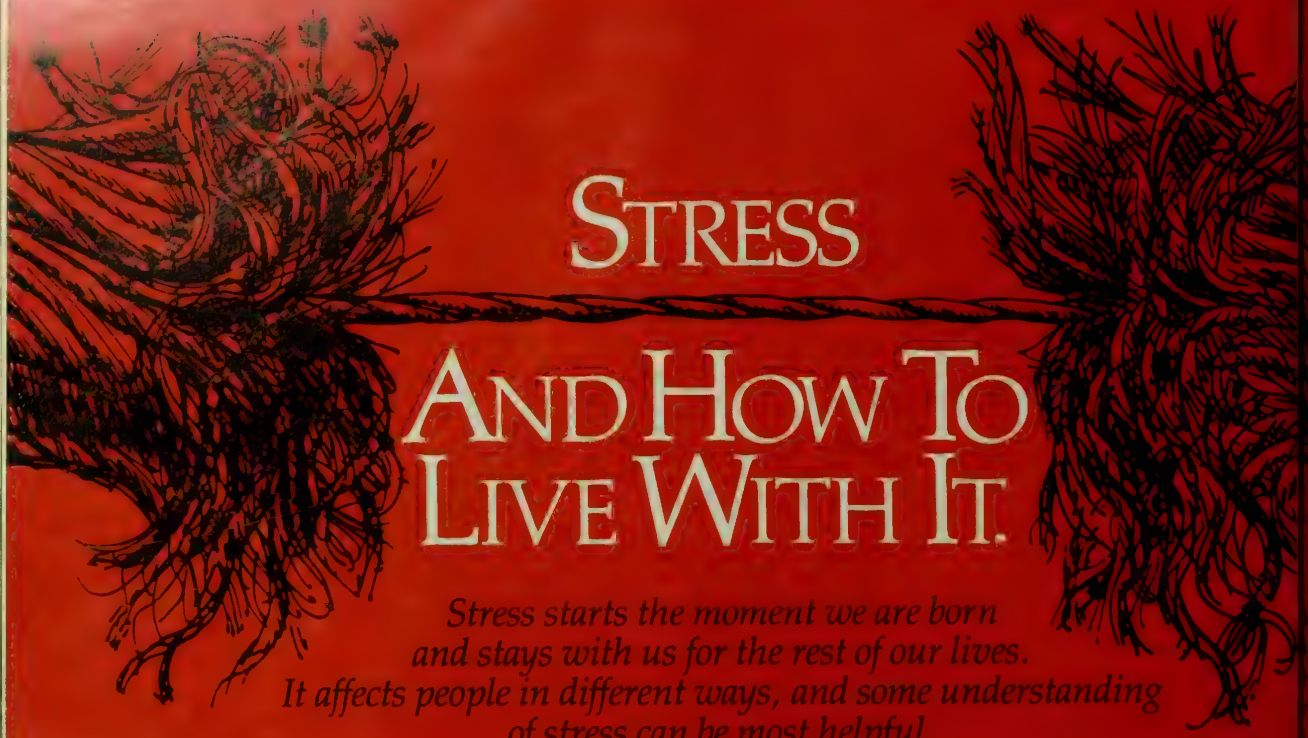


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STRESS AND HOW TO LIVE WITH IT.

Stress starts the moment we are born and stays with us for the rest of our lives. It affects people in different ways, and some understanding of stress can be most helpful.

What is stress? Stress is a stimulus in our environment that is felt by all of us. Our reaction to stressful circumstances is called the 'response end' of stress. Some people can experience a great amount of stress and respond in a normal way. For others, stress quickly manifests in physical and emotional ways.

Some stress is good.

Stress activates the flow of adrenalin which, in turn, increases energy production, raises blood pressure, and accelerates the flow of oxygen into the body.

It helps us deal with everyday life and sudden emergencies. It stimulates us to manage life's problems, and adapt to changing influences.

Normal stress can be equated with the normal stimuli of life. Without some degree of stress, we could not get up every day and go to work—or handle our responsibilities.

When stress becomes distress.

Normal stress is no problem if we know how to cope with it. It is excessive stress—often called 'distress'—that produces strain and disrupts our lives. The cause of this excessive stress may be emotional, biochemical, or physical—an illness, an injury, or just plain overexertion. So when we say that someone is under stress, we really mean that he or she has exceeded their ability to deal with stress in the normal way.

Who is troubled by stress?

Almost everyone is faced with an excess of stress at times—today more than ever before. But we can learn to handle excessive stress so that when it re-occurs, it is manageable. To people less able to deal with this kind of adversity, changes can occur in body chemistry which result in illness.

The more ambitious and motivated you are, of course, the greater the chances that you'll run into stress-filled circumstances.

What can you do about it?

You can learn to recognize the things that lead to excessive stress... and so be better prepared to deal with them. You can utilize relaxing exercise programs. The right amount of



leep can work wonders. Spend time with
ome of the books you've been promising to
ead. Listen to music. Take a walk. Most
nportant of all: talk to someone. A friend.
neighbor. Someone in the family. Sharing
ne problem is a good starting point.

njoy yourself!

The best way to avoid the dangers of exces-
ve stress is simply to find out what you most
njoy doing in life—and do it. Try to select an
nvironment that suits your tastes. Your job is
ost important. If you enjoy your work you
re better able to deal with great amounts of
ress—on the job or at home. But if you find
our job frustrating, any increase of stress in
ny part of your life can create problems.

igns of distress.

Too much stress can affect us in many ways.
or example, stomach disturbances. The
nsion that results in headaches is another
gn of overstress. Trouble is, in taking an
spirin-based pain reliever to relieve your
eadache, you might be giving your stomach
ore aggravation. Aspirin—even buffered
spirin—and the ibuprofen brands can upset
ne stomach, and if your stomach is already
pset by stressful conditions, the aspirin you
ke to help your headache can make matters
orse.

That's why a lot of stress and aspirin might
ot be the ideal combination for your body.

What pain reliever should you take?

Even though you've never had a problem with aspirin or buffered aspirin, you may feel that as life becomes more stressful, it might be better to stay away from aspirin altogether. For this reason, you might choose an acetaminophen product like TYLENOL® for your headaches or aches and pains. TYLENOL products contain no aspirin and, understandably, have become the pain relievers of choice in these times of overstress.

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A continuing series.

We'll be following this message with others that talk specifically about conditions that trouble people of all ages. We hope you'll find this series interesting and informative.



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POT UP SOME

NO-FUSS FLOWERS

FOR COLOR WHERE YOU WANT IT

By Douglas A. Jimerson



Grow creative! Pack pots and planters with a crazy-quilt mixture of annual flowers and use them to brighten dull, hard-to-plant areas of your landscape. Almost any type of container will do. Window boxes, kegs, hanging baskets, and strawberry jars can be stuffed with blooms for spirit-lifting color.

Started annual flowers, also called bedding plants, are ideal pot plants because they bloom from spring until frost without being coddled—in mild climates potted annuals will bloom year-round. Some thrive in full sun, while others prefer to bloom in the shade. Use our instructions to get started.

Photographs: George Ceolla

NO-FUSS FLOWERS



CONTAINER PLANTS THAT BLOOM IN THE SHADE

Containers filled to the brim with bold-blooming bedding plants will cheer up a shady deck, window ledge, or balcony. A window box, packed with flowers, is a great way to brighten the view. Set the box on a windowsill or use it to dress up a porch railing. For a finishing touch let hanging baskets drip color from above. Fasten them to a roof overhang, arbor, or a shelf bracket mounted on the side of your house. All of these spectacular flowers (*left*) thrive in the shade and will bloom with a minimum of care.

HOW TO PLANT A COLORFUL WINDOW BOX

1. You can build your own window boxes or buy them at your local lumberyard or garden center. A small- to medium-size redwood window box usually will cost about $10.



2. Before you plant your window box, make sure that it has holes in the bottom for good drainage. To prevent clogging, cover each of the holes with a small piece of window screen or a layer of stones. Then, add potting soil until the box is two-thirds full. Firm the soil gently with your hands before you plant.





PLANTS YOU CAN GROW IN THE SHADE

There's a large and colorful assortment of annual flowers that grow well in the shade. The ones most frequently available as bedding plants include: vinca, tuberous begonia, impatiens, caladium, coleus, pansy, viola, browallia, fuchsia, lobelia, and fibrous begonia. Some sun-loving plants also are hardy enough to grow in the shade. They may not produce as many flowers as they would if they were growing in full sun, but they'll still provide a fair amount of color. These hardy sun-loving annuals include: geranium, alyssum, pinks, lobelia, New Guinea impatiens, and dwarf snapdragon.





HOW TO PLANT A HANGING BASKET

Hanging baskets come in a number of sizes and styles. Two popular models include the rectangular cedar basket and the multilevel plastic basket. We filled our cedar basket with white impatiens and our plastic basket with sun-loving petunias and alyssum. You'll find step-by-step planting instructions for the plastic basket on *page 41*.

1. Planting a standard hanging basket is easy. Just place a small piece of window screen over the drainage hole and add potting soil until the basket is two-thirds full. Press the plants into place and pour in the rest of the soil. Don't overplant. Five plants per basket (one in each corner and one in the middle) is about right.

2. Attach the hanger after the basket is planted. Use pliers to wrap the wire around itself so the basket won't fall during stormy weather.

BEDDING PLANT BUYMANSHIP

- To be sure you get what your planting scheme calls for, read the plant label before buying. It will tell you the variety name, bloom color, and future height of your seedlings. It also may give basic care information.
- Always pick short, stocky plants with a healthy appearance and bright green color.
- Look for plants with lots of buds.
- In the North don't be tempted to buy bedding plants too early. An unexpected late frost will kill tender flowers.

3. Remove each plant from its plastic growing container and gently press the roots into the potting soil. Keep adding new plants until the box is full; the flowers should be spaced about 4 inches apart to allow room for growth. When your plants are in place, fill the box the rest of the way with soil. Water thoroughly.



4. After planting, it's wise to move your window box to a protected location for a few days so the plants' roots can get established. If you put your window box in an exposed, windy spot right after planting, the flowers may be permanently damaged. Our window box contains Candidum caladiums and Little Pinkie vinca.



NO-FUSS FLOWERS



CONTAINER PLANTS THAT BLOOM IN THE SUNSHINE

You can soften the harsh outlines of an exposed, sunny deck or terrace with a collection of bloom-filled pots and planters. For a big show, cluster different-size pots, setting tall pots like strawberry jars behind the smaller containers. If your strawberry jar looks hidden, set it up on bricks or stones. To break the monotony at eye level, use multilevel hanging baskets. Like strawberry jars, multilevel baskets have pockets that you can stuff with flowers. Annuals like marigold, petunia, alyssum, geranium and dianthus (*left*) are just a few of the sun-loving annuals you can grow.

HOW TO PLANT A COLORFUL STRAWBERRY JAR

1. To plant a strawberry jar you'll need a bag of all-purpose potting soil, some broken pottery or shards, and several boxes of bedding plants. Buy a mixture of annual varieties.



2. Spread an inch-deep layer of broken pottery or shards across the bottom of the strawberry jar for drainage. Then, add potting soil until the soil level is just below the lowest planting pocket. Firm the soil gently with your hands. Water the soil; potting soil that's slightly moist is easier to work with than dry soil.





PLANTS YOU CAN GROW IN THE SUNSHINE

Sun-loving annual flowers come in an almost unlimited array of colors, sizes, and shapes. For container culture choose only low-growing and dwarf varieties. Tall flowers, like standard-size zinnias and marigolds, will grow too tall for most pots and planters.

For the brightest show, sun-loving annuals need to receive at least six hours of sunlight a day. Those most frequently available as bedding plants at nurseries and garden centers include: dwarf marigold, geranium, alyssum, ageratum, fuschia, dwarf zinnia, celosia, dwarf dahlia, pinks, lobelia, nicotiana, petunia, portulaca, annual phlox, dwarf salvia, and dwarf snapdragon.





HOW TO PLANT A MULTILEVEL HANGING BASKET

Multilevel plastic hanging baskets are becoming more and more popular because they have small planting pockets placed strategically around the outside of the pot. This way, when the plants fill in, the basket is almost entirely hidden under a layer of bloom.

1. Fill the base of your hanging basket with potting soil and press a bedding plant into each of the rectangular cutouts in the pot's rim. To prevent breakage be sure all of the plants' stems fit within the cutout. Then, snap on the top of the basket and add soil.

2. Use your fingers to plant flowers in the top of the basket. Large, trailing annuals like ivy geranium and lantana are ideal because the plants will trickle over the pot's edge. When all the plants are in place, attach the wire hanger securely and water the basket thoroughly. The top of our basket contains a half dozen Red Cascade petunias; pure white Carpet of Snow alyssum is packed into each of the side pockets.

FOUR CONTAINER CARE TIPS

- Water your containers every day. This is especially important during hot, dry weather.
- Feed container plants twice a month with a dilute solution of fish emulsion or liquid houseplant fertilizer. Or, use a granular time-release fertilizer.
- Remove faded blooms as they appear, to encourage the development of new buds.
- Plants like petunias and impatiens have a tendency to get "leggy." Pinch them back to encourage bushiness.

3. Tuck a bedding plant into the planting pocket and lightly press its root ball into the potting soil. When the plant is in position, add more soil until the soil level reaches the next planting pocket. Repeat the procedure until all the side pockets are planted. In a few days your plants will straighten up and begin filling out.



4. Fill the top of the jar with flowers after all the side pockets have been planted. For contrasting color and bloom types, you can squeeze in a few trailing plants around the rim of the pot. Here, we're surrounding Janie marigolds with some low-growing Rosie O' Day alyssum. Portulaca grows in the side pockets.



WORTH-THE-WAIT REMODELING

A BRAND-NEW HOUSE IN THE SAME OLD SPACE



"We decided not to remodel until we could afford to do it right. We saved our money for four years, and then we were ready."

By CarolAnn Shindelar

Viewed from street-side, Jay and Mary Hansen's 1960s tract house (*above*) looks like most of the rest of the houses on the block—solid and unassuming. But step inside and you'll see that all similarity stops at the front door. A carefully planned and executed remodeling has turned the interior of the house into a glorious panorama of spaciousness, color, and light. "The main problem," Mary points out, "was that the living and dining rooms were too separate from the kitchen; there was no logical flow to the interior spaces, and everything was gloomy and dated." Fortunately, solving these problems didn't require extensive remodeling; the Hansens and their designer simply reworked what was already there. The result is an architectural restyling and a furnishings update well worth a four-year wait.





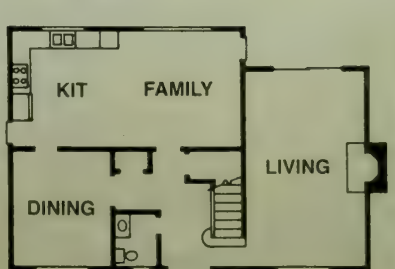
Front Entry

Originally shrouded in paisley wallpaper, the entry foyer (*left*) hardly made a pleasant first impression. To create a more welcoming tone, the designer rescaled the banister rails and spindles, and created a cutout in the wall next to the living room doorway to give a sneak peak into the living area. The old wallpaper was scraped away, and the foyer was painted.

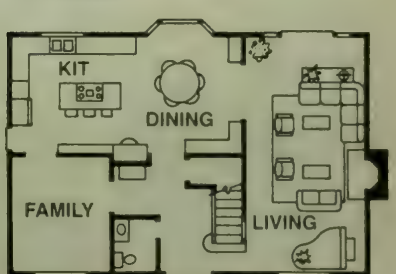
Living Room

To bring in light and open up the living room to the backyard, the rear wall was extended 4 feet and enclosed with French doors (*above*). The push-out also allowed direct access to the kitchen/dining area (see plans). Crown molding all around adds architectural interest, and new furnishings in "sherbet colors" release the living room from its cloying '60s look.

BEFORE

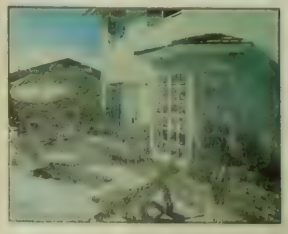


AFTER



The Kitchen/Dining Area

Sliding French pocket doors that disappear into the wall provide subtle separation between the living room and kitchen/dining area (*above*). Most of the time the doors are open, so the two rooms flow together as one. Originally, the family room was located where the dining area is now; the Hansens simply switched the two rooms. (See "before" and "after" plans on previous page.)



"Moving the TV into the new family room has been one of the biggest improvements to our family life," says Mary. "Now we can close off the room when the TV is on, and the rest of the family isn't disturbed."

A small bay window was bumped out from the new dining area (*below*) to open up a backyard view and give the space a dramatic overlook. Whitewashed wood cabinets ring the dining area, and provide storage as well as a buffet serving counter. The cabinets match the new wood flooring used throughout the house. An imported prefinished hardwood, the flooring was easy to install; it's simply glued to a foam cushion over the concrete slab floor—no subflooring was required. The old "cottage cheese" ceilings throughout the house were scraped and replastered for a smooth finish, and all the light fixtures were replaced with recessed can lights.



The Work Core

Jay and Mary originally hadn't thought about remodeling their kitchen, but when they saw that it actually would be the focal point of the house, they decided to redo the room. "At first I had qualms about an open kitchen," says Mary, "but now I wouldn't have it any other way."

Swathed in salmon pink, the kitchen is as visually appealing as it is functional. To provide as much counter space as possible, the designer grouped the tall cabinets and appliances together along one wall. The appliances are fronted with the same laminate as the cabinets, so they blend comfortably into the decor. White-washed wood pulls tie together the kitchen and dining room cabinets and the floor.

"I especially love the island," says Mary, "and the breakfast bar has been a real lifesaver, too. I wouldn't want to serve the kids at the dining table all the time." The island is topped with butcher block so it can be used as a chopping surface; white laminate covers the rest of the countertops.

On the back wall of the kitchen (opposite the island), a small, inefficient closet was turned into a planning center, complete with file space and open storage shelves (*right*). "The work center has changed my life!" laughs Mary. "I never had a place downstairs to work in before, and now I feel so much more efficient."

Buying information, page 201

Photographs: Kim Brun. Illustration: Carson Ode
Design: Sheldon Tager and Assoc.
Field editor: Sharon Haven



Are any of your relatives diabetic?

There's a chance you are, too!

If anyone in your family has a history of diabetes—even a distant relative—treat it as a symptom! It should prompt you to have regular checkups because you are at greater risk of having the disease. Especially if you are overweight and over 40.

What is diabetes?
Diabetes is a disorder in which the body cannot control the levels of sugar in the blood. Normally the hormone, insulin, regulates the blood sugar level. But if your body does not produce or effectively use its insulin, diabetes results. Diabetes can threaten heart, vision, brain, kidneys and life itself.

What can be done about diabetes?
Often people don't realize that most diabetes can be easily managed by simple programs that bring blood sugar under control. Many diabetics need only weight reduction, the right foods and moderate exercise. And, if these changes are not enough, a simple oral medication is all that may be needed. Today, even those who need insulin can be better and more comfortably managed by their doctors than ever before.

Who has diabetes?
You'd be surprised at how many of your friends and fellow workers are diabetic yet lead full lives with no outward signs of illness. Even many famous athletes and celebrities have diabetes. With current therapy diabetics can usually lead a normal life with simple and sensible medical programs.

What are the symptoms of diabetes?
Warning signs are either absent or very subtle. You may drink more water than normal or urinate more frequently. There may be slower healing of bruises, cuts and infections, or you may experience more fatigue and feel "not quite right."

How will you know if you have diabetes?
You won't. Your doctor will. And again, if there is diabetes in your family—including cousins, aunts, uncles, brothers and sisters and especially a parent—then you should have regular blood and urine checks by your doctor. It is a relatively simple diagnosis.

Only your doctor can prescribe treatment.
Follow your doctor's advice about diet, exercise and medication. Also, be aware that you have a support system, which we call...

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INVESTING BASICS

Getting a Smart Start

By Jamie Laughridge

No question about it. The stock market's been hot this year, with lots of individual investors getting in on the action. Eager as you may be to dive right in, take time to analyze your position and goals first.

Are you financially secure?

First things first. Do you have enough liquid savings and insurance for emergencies? Are you handling outstanding debts comfortably out of your regular cash flow? Have you taken advantage of tax-favored plans such as IRAs and a company savings plan? Do you, in short, have money to spare, since every investment carries with it a certain degree of risk?

How's your temperament?

Your financial position isn't your only concern before you make investing decisions. Take a reading on your personality, too. If uncertainty makes you nervous, steer clear of the riskier investments (speculative stocks, options, precious metals), and stick with those generally deemed safe (government-issued securities, for instance). Generally, the more you're willing to risk, the greater your chance for return—but you'll have to measure the tradeoffs.

Think about your life stage, too. If you're a young investor with steadily building earning power, your goal probably should be to "go for the growth." You might focus on stock ownership in high-growth companies or other investments that offer the potential to maximize capital.

If you're nearing retirement, most likely your goal should shift to "guard the goods," keeping your capital intact. Buying stock in conservative blue-chip companies may make sense at this point, since it offers relative safety and the chance to earn dividends. The trick is to suit investments to your changing priorities.

What type of investment?

There's a slew of investments available, but stocks, bonds, and mutual funds are probably best for beginners.

When you buy **common stock,** you cast your financial fate with the company that issues the shares. If the company does well, the value of your stock stands to increase as a capital gain. Of course, the reverse is true, too: The value of your shares may plummet with the company's misfortunes or a generally bad economy. You can buy stocks in units of 100 shares; fewer, and you'll pay an extra fee for an "odd lot" trade.

Common stock issuers generally pay dividends out of overall earnings four times a year. Growth companies tend to pay lower dividends because they reinvest their earnings in the company. Established companies will distribute larger dividends, but the capital gains potential may be less.

Holders of **preferred stocks** are entitled to receive dividends—sometimes at a fixed rate—before any funds are distributed to common stockholders. Preferred-stockholders also have a claim on company assets before common-stockholders do. As a result, preferred shares may cost more, even though their values fluctuate with the market, too, and there's no guarantee that dividends will be paid.

With **bonds,** you are lending money to the issuer with the promise that you'll receive regular interest payments—specified when the bond is issued—and get your principal back when the bond matures. (Some issuers reserve the right to "call" in their bonds before the maturity date; that's a pitfall to watch for if you're counting on the long haul.) Bonds generally are issued in units of $1,000. Municipal bonds more often start at $5,000; they're especially attractive to high-income investors because the dividends are exempt from federal (and sometimes local) taxes.

You face two types of risk with bonds: 1. The *credit risk* is that the issuing company or body will default, failing to pay you interest or return your principal. You can reduce your vulnerability by purchasing highly rated bonds ("A" or above) or government-backed issues. 2. The *market risk* is that

continued

BUILDING A PORTFOLIO

There are no surefire rules for successful investing, but basic strategies can help smooth the way:

Set objectives before you buy. Are you looking for long-term growth of capital? Income? A mixture of the two? Clearly defined goals help you stick to your plan. You're also less likely to panic over normal market fluctuations, and you'll be more wary of momentary investing fads or ill-advised tips.

Make diversity your watchword. Your portfolio should combine different kinds of investment instruments and represent holdings from several industries.

Think long-term. For most spare-time investors, a "hold-and-grow" strategy makes better sense than trading in and out of the market. If you want to be an active trader, set aside enough time for the technical analysis it demands—and be sure you can handle the pressure of active trading.

Don't expect perfection. All investors—even the pros—make mistakes. Take them in stride.

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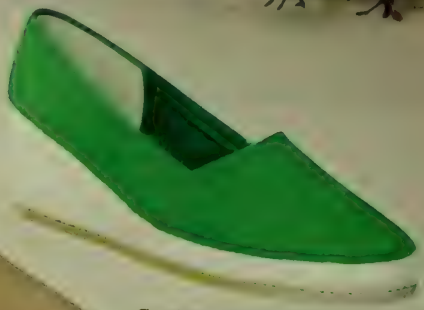


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MONEY

continued

interest rates could skyrocket, cutting the bond's value if you must sell before maturity or rates drop again.

If your portfolio is too small to make a diversified strategy practical, consider **mutual funds**—pooled-asset funds that offer instant diversification, good liquidity, and expert management. You can invest in some for as little as $500 or less. Mutual fund portfolios usually consist of 50 or more securities, and all the complex buying and selling decisions are left up to the pros. You pay an annual fee for this service—typically, ½ to ¾ percent. In a "load" fund, you'll pay a sales commission (up to 8½ percent); no-loads charge none.

Mutual funds are designed to meet specific investment goals, clearly stated in the prospectus—a document you should read carefully before investing. Look for fees, study the track record, analyze the net return.

Choosing a broker

You cannot trade stocks or bonds without using a broker, and you'll pay for the service. How much depends on what kind of broker you use. Those with a full-service house provide personal attention as well as detailed research and generally charge from 1¾ to 2 percent on small trades. Find an account executive you trust and who offers suggestions consistent with your stated investment goals.

If you make your own investment decisions, a discount broker may suit you fine. Basically, discounters just execute your buy and sell orders, and you could save up to 50 percent or more on commissions. Most discounters do their business by mail or phone; some have walk-in offices. Your bank or savings and loan also may offer the service. Be sure to ask about deposit requirements, annual fees, and minimum charges.

Invest a little at a time

Rather than plunk down $10,000 to open your investment portfolio, buying stocks little by little can be a savvy strategy. First, it minimizes risk. Second, you can benefit from "dollar cost averaging" by investing the same amount on a regular basis. Since the money you earmark buys more shares when a stock's price is down and fewer when its price is up, the average cost per share tends to be lower than if you buy your shares all at once.

At least one full-service broker—Merrill Lynch—lets you buy stocks through a small set investment each month. Commissions are discounted, and you can earn dividends on both full and fractional shares. You'll do best if you reinvest your dividends automatically in such a plan. Dividend reinvestment plans also are offered by some companies to their employees through payroll deductions, or by bank brokerage services through automatic account deductions.

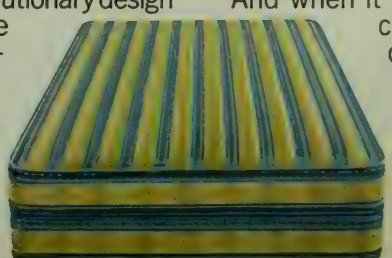
Another option is membership in an investment club. Usually, a dozen or so people belong and make set contributions each month. They meet regularly, report on stocks, and decide how to invest their pooled cash. For more information write: National Association of Investment Clubs, 1515 E. Eleven Mile Rd., Royal Oak, MI 48067.



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NEW FINDINGS ON INTELLIGENCE.

There's a new phenomenon appearing around the country—intelligent windows.

They're windows made of *Sungate*® coated glass from PPG. What makes them intelligent is that they can tell the difference between sunlight (which is free) and the heat *in* your home (which is expensive).

The secret is in the transparent coating on *Sungate* glass. The coating is clear, but it acts like a gate: it lets sunlight in, but doesn't let heat out. It's like high-tech insulation for your windows.

And it can save you money.

In fact, The Intelligent Windows™—double-glazed windows made of *Sungate* coated glass—can give you energy savings which far exceed traditional double-glazed windows. How much? As much as triple-glazed. But without their expense and bulk.

And there's more.

LESS FADING, BETTER FEELING.

Everyone expects the color in their carpets and curtains to fade after a while. But the coating on *Sungate* coated glass actually reduces fabric fading. So your home furnishings keep their good looks (and value) longer.

And The Intelligent Window also knows how to help eliminate condensation—and even that drafty feeling—from around your windows. That means more comfort.

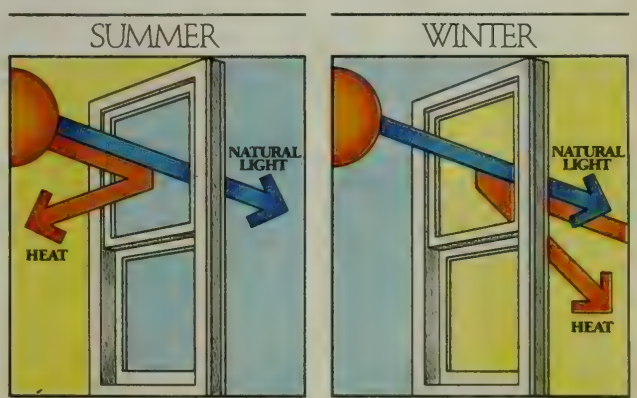
AND IT'S CLEAR.

Best of all, *Sungate* coated glass is not a reflective glass. It looks like any clear window glass. So it will fit—not fight—your home's esthetics.

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GARDENER'S LOG

SQUEEZE IN SOME SQUASH

Squash will reward you this growing season with a bounty of fresh garden flavors. Divided into summer and winter types, this family is so varied that gardeners easily could devote an entire bed to all of the different kinds. Here are a few outstanding squash varieties.

SUMMER SQUASH

Summer squash are harvested in the summer, when they're still young and tender. Spreading 3 to 4 feet, these bushy plants produce fruits with soft outer skins and yellow or cream-colored, buttery-flavored meat.

Scalloped types are ready to pick when they're 2 to 3 inches in diameter; the rest of the summer kinds should be picked when they're 6 to 8 inches long. For a continuous crop till frost, keep the fruits picked.

Zucchini

Zucchinis produce cylindrical fruits that look like large cucumbers.

Top-rated zucchinis: Burpee Hybrid Zucchini, Burpee's Fordhook Zucchini, Gold Rush Hybrid, Park's Green Whopper, Green Magic, Seneca Gourmet

Crookneck

A curved neck is the distinguishing feature of the yellow crookneck squash.

Top-rated crooknecks: Early Golden Summer Crookneck, Dixie Hybrid, Butter Swan, Sundance



Scalloped Squash Sunburst

To own a bit of ground, to scratch it with a hoe, to plant seeds, and watch the renewal of life—this is the commonest delight of the race, the most satisfactory thing a man can do.
—Charles Dudley Warner

Straightneck

A stretched-out version of the crookneck, straightneck squash have long, cylindrical, creamy-yellow fruits.

Top-rated straightnecks: Early Prolific Straightneck, Seneca Butterbar Hybrid, Park's Creamy

Scalloped

Scalloped squash bear rounded, flat fruits with white or yellow skin and scalloped edges.

Top-rated scalloped types: Scalloped Squash Sunburst, Scallop Peter Pan Hybrid, Early White Bush (White Patty Pan)

WINTER SQUASH

Winter squash are left in the garden until fall when they're fully mature. Most types also can be picked earlier in the season and treated like summer types.

Winter squash produce orange-fleshed fruits. Except for the bushy acorn squash, most winter types grow on 10- to 15-foot-long trailing vines. Harvest all winter squash after the leaves have turned brown and the skin has become very hard. Leave a 2- to 3-inch stem on the fruits so they'll store well.

Hubbard

Hubbard squash produce large, pear-shaped, green or blue-green fruits.

Top-rated hubbards: True Hubbard, Blue Hubbard

Butternut

This large, creamy-orange squash looks like an oversize, bottom-heavy pear.

Top-rated butternuts: Waltham Butternut, Early Butternut Hybrid

Space-saving bush varieties: Burpee's Butterbush, Gold Nugget

Acorn

The acorn squash has round, deeply ribbed, dark green or light yellow acorn-shaped fruits.

Top-rated acorns: Bush Acorn Table King, Jersey Golden Acorn, Sweet Mama Hybrid, Table Ace Hybrid

SPACE-SAVING TRICKS

- Plant only a few seeds of two or three squash types.
- Train plants on a fence or trellis.
- Plant one of the space-saving bush varieties.
- Prune back roving vines.

Buying information, page 201.

Illustration: S. D. Schindler


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Collector dolls of incomparable beauty...and meaning!

The *Brides of America* series spans more than two centuries. The costumes are historically accurate and meticulously tailored. The dolls are breathtaking.

Indeed, they should be! If ever there is a day in a woman's life when she looks her most beautiful, joyous, and radiant, that is her wedding day. There is no lovelier costume than a young woman's bridal attire. No other theme could have such enchantment, charm... and fascination.

For bridal attire has a history all its own – a history that will come to life in this collection as never before. Together, the twelve dolls in the collection will portray the different styles in bridal attire from colonial times to the present day.

Each doll's costume will be historically authentic and tailored by hand.

Each bridal gown will be authentic down to the smallest details.

And please note: Each doll will be costumed in *full* attire – gown, veil, petticoat, and pantalets and will be tailored by hand.

Notice the embroidery. The ruffled flounces. The floral appliques and corsages. Whatever is authentic and appropriate to the period is faithfully recreated. And wait until you feel the fabrics. The fine soft satin. The crisp starched linen.

Each doll will be made of fine imported porcelain – individually painted by hand!

Each doll will be expertly crafted of fine imported porcelain – head, hands, and feet – for the same delicate look (and feel!) of the famous collector dolls of the 1800's. Facial features will be exquisitely sculptured. And each doll will be individually hand-painted so that her complexion perfectly complements the color of her hair – which will be coiffed in the style of the period.

Each doll has her very own precious personality.

Each doll is a joy. And each is unique – endowed with a precious personality all her own. There's *Julia: A Victorian Bride*, whose gown features the fine embroidered lace so typical of the Victorian period. *Catherine: A Gibson Girl Bride* is dressed in a gown with high wing collars and leg-of-mutton sleeves. The gown is recreated from an actual Charles Dana Gibson design. *Betsy: A Bride of the Flapper Period* steps straight out of the roaring twenties. Notice the casual bob hairdo, the swept-back veil, and the straight-fitting drop waistline of her gown – all authentic to the period.

From the more distant past comes *Sarah: A Frontier Bride* dressed in an apron-style pinafore gown that's distinctly American in style. The embroidered bonnet, too, is typical of the period – the 1830's and 40's.

When completed, your collection will consist of twelve stunning bride dolls – each beautifully different from one another – representing more than two centuries of American fashion.

Each doll will come with her own display stand and serially-numbered Certificate of Authenticity.

With the display stand, you will be able to display each prized doll wherever you like – on a table or a shelf, on a mantle, or in a cabinet with your other prized collectibles.

Each doll will be accompanied by a Certificate of Authenticity bearing your individual serial number – establishing that each doll is part of your registered collection. The Certificate will also provide a biography of each doll – who she is, exciting details about her wedding, and all the distinctive features of her authentic bridal attire.

A remarkable value.

These dolls are available exclusively from the Danbury Mint. When you can find dolls of comparable quality and size in stores, you might expect to pay up to $100. But the Danbury Mint is able to make each doll in the *Brides of America* collection available to you at just $55. And there is no extra charge for the stand! This remarkably low original issue price is payable in two convenient monthly installments of $27.50 each. You may have each monthly installment charged to your VISA or MasterCard. You may cancel your subscription at any time.

To start your collection, send no money. Simply complete the attached postpaid reservation application and return it promptly.

Heirlooms to be handed down with love from generation to generation.

These American Bride dolls will be a source of lifelong pleasure – each doll will be an heirloom – treasured now and treasured for all tomorrows. Do mail your reservation today!



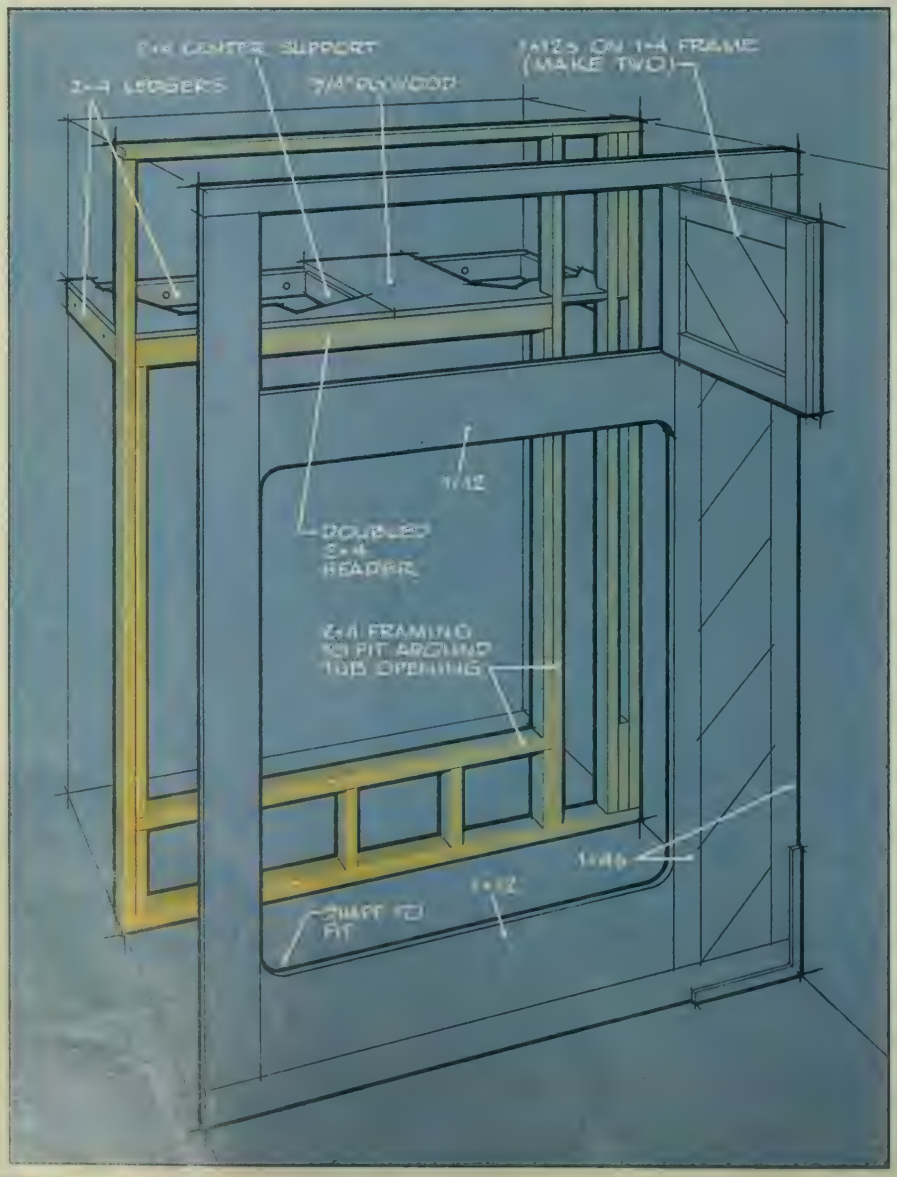


BUILD-IT-YOURSELF BATH PROJECT

Redwood-Paneled Tub Niche



One-piece shower/tub units require minimum upkeep but offer little in the way of visual interest. To offset your tub's plain-vanilla styling, frame it with a handsomely paneled storage wall. Here, redwood 1×12s add warmth and texture, and dead space above the tub converts to bonus storage.



- After the plumbing is roughed in, set the tub/shower unit in place, then frame the front of the unit with a 2×4 partition. Double the 2×4s as needed for rigidity and for attaching the paneling.

- Using lag screws, attach 2×4 ledgers to the wall studs above the unit.

- Add a 2×4 above the center of the unit to help support the bottom of the storage compartment, and cover the bottom framing with ¾-inch plywood.

- Trim the openings for the tub unit and storage compartment with 1×4s and 1×12s, then cover the frame with diagonal 1×12s.

- Make a pair of doors for the storage compartment with 1×12s mounted diagonally on 1×4 frames.

- Add molding around the edges of the partition and fashion a pair of pulls from redwood scrap for the compartment door.

- Seal the paneling and trim with 1 or 2 coats of polyurethane varnish.

continued

Photograph: Hopkins Associates
Field editor: Bonnie Warren
Illustration: Gene Thompson

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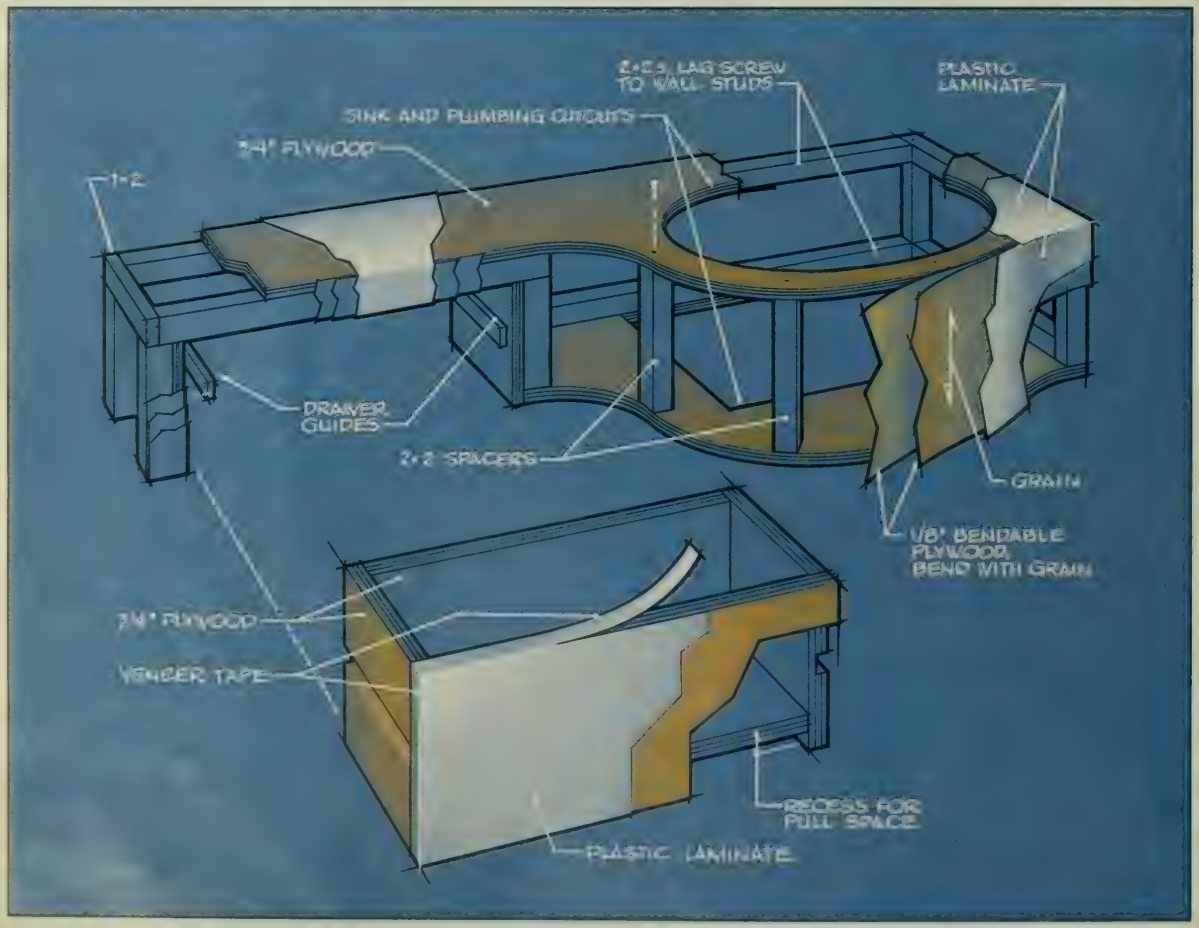
BUILD-IT-YOURSELF BATH PROJECT

Space-Saving Vanity



PHOTOGRAPH: JESSIE WALKER

Bottom-dollar bath revamps can turn the dreariest bath into a style statement, even if the fixtures are cash-and-carry bargains. Spark your bath remodeling with a handsome, space-saving built-in like this eye-catching banjo-shaped vanity. It requires less room than most lavatories, yet offers as much counter space as its conventional cousins. One end spans the toilet tank, creating space for a handy cosmetics drawer. The drawer lifts out for access to the tank cover.



● Cut the top and bottom from ¾-inch plywood.

● Cut a large hole in the top for the sink, and another in the bottom for access to plumbing connections.

● Join the top and bottom with a framework of 1×2s and 2×2s, then attach the frame to the wall studs with lag screws.

● Cover the front of the frame with 2 layers of ⅛-inch bendable plywood (bend them with the grain) and add a drawer guide on each side of the drawer opening.

● Make a simple box drawer with ¾-inch plywood and rout the sides to fit the drawer guides before assembling the drawer. Recess the bottom of the drawer approximately ½ inch to make a hidden finger pull.

● Sheath the vanity and drawer front with plastic laminate, and trim the edges of the drawer front with veneer tape.

Design: Daryl Adams

Buying Information, page 201.

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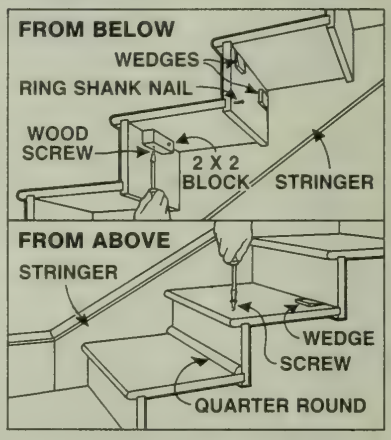
Silencing Stair Squeaks

Stair squeaks are at best an irritation, at worst a warning that the staircase poses a safety hazard. Most squeaks are easy to fix, providing you know something about stair construction. Here are some helpful tips.

The main parts of a staircase are the *treads*, *risers*, and *stringers* (side boards that support the treads and risers). When any of these parts works loose, a squeak develops. Remedies vary depending on whether the staircase is closed or open.

Fixing squeaks from underneath

Open staircases, like basement stairs, can be repaired from underneath. While you watch from under the stairs, have a helper slowly walk up and down the stairs. Mark the trouble spots with chalk. Staircases with risers usually have hardwood blocks attached to the joints between treads and risers. If the blocks are loose, replace or refasten them. Glue each block to both surfaces of the joint. After the glue dries, drive wood screws through the block into each surface. Wedges inserted in the joints during initial construction may have worked loose. These can be replaced or reglued and reset.



Fixing squeaks from above

For stairs that are enclosed on the underside with plaster or drywall, you'll have to work from above. If the stairs are carpeted, remove the carpeting to gain access to the joints between treads and risers.

First, locate the area of the squeak by ascending the stairs and marking each problem area with chalk. Treads that are loose at the *nose* (front of tread) can be secured with screws or ring-shank flooring nails driven through the tread into the riser at slight angles to each other. (Be sure to drill pilot holes first.) Countersink the screws or nailheads and fill the holes with wood putty.

Loose joints at the rear of the tread can be treated in two ways. One option is to drive small hardwood wedges or shims into the joint crack to force retightening. Dip the wedges in wood glue, drive them in with a hammer and block, then trim away the excess when the glue is dry. The other option is to nail quarter-round molding in place against the tread and riser. Alternate nailing into both the riser and tread along the molding's length.

Illustration: Carson Ode

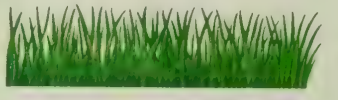
The Sevin® guide to insect trouble spots around your yard

When summertime comes, so do insect pests that can infest your lawn, trees, shrubs, flowers, and garden plants. Spotting a problem early is the key. A few telltale signs to watch for:

In your lawn

That brown patch in your lawn could be a calling card from culprits like sod webworms, armyworms, or chinchbugs.

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In your trees and shrubs

Look for leaves that are wilted or brown. Perforations or other signs of chewing could mean Japanese beetles, bagworms, caterpillars, or gypsy moths.

What to do: to catch destructive foliage feeders in the act, spray trees, shrubs and other outdoor plants with SEVIN® brand liquid or wettable powder insecticide according to label directions. Used properly, SEVIN® brand protects from chewing pests without harming plants.



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ANOREXIA NERVOSA

IS THE FAMILY TO BLAME? CAN THE FAMILY HELP?

By Carolyn A. McNurlen

Sue was the perfect child: bright, courteous, and well-liked. But something went wrong. Dissatisfied with her appearance, she decided to go on a diet "just to lose a few pounds." To the horror of family and friends, the seemingly normal 17-year-old began to waste away before their eyes, a victim of the nightmarish condition known as *anorexia nervosa*, the starvation disease.

The term *anorexia nervosa*, meaning "nervous loss of appetite," is misleading. A person who has it thinks about food constantly, but fights off the urge to eat. Food intake often drops to 300–600 calories a day. Adolescent girls and young adult women are most likely to develop anorexic symptoms, although older women may be affected as well. Less than 10 percent of reported cases involve males.



An alarming number of young women are reacting to the pressures of growing up by starving themselves. Parents play a key role in preventing and overcoming this baffling disease.

Families may set the stage

Anorexia nervosa is an enigma, frequently striking young women who are high achievers and excellent students. But experts now believe that the anorexic's relationship with her family may be central to the onset of the disease.

One of the nation's leading authorities on anorexia nervosa, Dr. Joel Yager, professor of psychiatry and director of the Eating Disorders Clinic for UCLA, suggests that while no single factor causes self-starvation, anorexics are more likely to come from families with these characteristics:

- **Poor communication within the family.** Family members may not be sensitive to the emotional needs of the potential anorexic. Parents may be too busy—or unwilling—to confront important, emotionally charged issues. The child then feels ignored and looks for ways to be noticed.
- **Children valued mainly for their appearance or accomplishments.** When a parent tells a child, "I want you to be the prettiest girl at the country club," or "I'm counting on you to letter in track," the child may be afraid of losing that parent's love if these goals aren't met. A girl's inability to meet her own needs while at the same time trying to satisfy her parents' expectations may lead to frustration and resentment, bringing on anorexic symptoms.
- **Family members excessively conscious of body size.** A child is put down for not being superfit and slim.
- **Depression and alcoholism in the family.** Anorexics often come from families where at least one member suffers from depression or alcoholism. Both situations aggravate some of the emotional problems that may help precipitate anorexia nervosa.

The result: Focus on food

By sinking all of her energy into controlling her body, an anorexic avoids dealing with such problems as parents, the future, and her sexuality. If she has low self-esteem, she is particularly vulnerable. Her disciplined dieting makes her feel special—particularly when others begin to notice.

Anorexia nervosa also may serve as a smoke screen for problems within the family. Dr. Ronald Liebman, Professor of Child Psychiatry and Pediatrics at the University of Pennsylvania School of Medicine, notes that the anorexic may be a convenient scapegoat for the family. While the family focuses on the anorexic and her problems, marital, sibling, and other family concerns remain buried.

How can you recognize it?

The following behavior and physical changes in a child may signal anorexia nervosa:

- **Extreme weight loss.** A weight loss of at least 25 percent of "prediet" body weight is one of the diagnostic criteria for anorexia nervosa, but some women develop the syndrome after losing 15–20 percent.
- **Compulsive and excessive exercise.** Anorexics seem to be "on the go" constantly. Exercise becomes an obsession—a way to burn calories.
- **Unusual eating habits.** A young woman may deny that she is hungry and develop peculiar eating rituals such as eating only certain foods or

continued

Photograph: Steve Niedorf

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continued

painstakingly cutting food into small pieces.

- **Heightened interest in food and cooking.** An anorexic may spend hours reading cookbooks and collecting recipes. She frequently will take over the meal planning for a household and cook elaborate dinners, all the while denying herself the food she prepares.
- **Preoccupation with dieting and calorie counting.** The anorexic is an expert on calories. She may distinguish "good foods" from "bad foods," based on number of calories, and become extremely upset if forced to eat something she considers "forbidden."
- **Obsession with body weight.** An anorexic's moods are ruled by the bathroom scale. As long as she continues to lose weight, she feels secure. Although thin, she frequently complains of feeling "fat." To verify her size, she may weigh herself and try on clothes daily.
- **Amenorrhea.** Researchers suspect that a combination of anorexia-related factors, particularly hormonal disturbances, cause amenorrhea—cessation or absence of menstrual periods.
- **Withdrawal from others.** The anorexic begins to avoid social situations, particularly if they involve eating.
- **Other physical symptoms.** Starvation causes insomnia, constipation, dry skin, hair loss, weak and brittle nails, and a feeling of always being cold. Fine, soft hair may begin to grow on the skin.

Starving and binging

Anorexics fall into two classifications, says Dr. Yager: restricters and bulimic anorexics. Restricters don't binge or purge, but severely limit their food intake. They are usually more organized and rigid, and show less emotion. Bulimic anorexics, however, will starve themselves for a period of time and then binge-eat. They tend to be more impulsive and display more suicidal and self-destructive tendencies.

No easy solution

Anorexia nervosa can be fatal: The mortality rate is 5–15 percent (estimates vary). The condition is difficult to treat, partly because the anorexic—at least at the outset—often denies that anything is wrong.

There is no single "cure" for anorexia nervosa. Treatment must be tailored to each case. Psychotherapy is recommended, both for the anorexic and—if she is a younger teen—for the family. Self-help groups also may be useful.

No medication specifically helps an anorexic. What a starver needs most is food. Hospitalization may be ordered if a person is severely malnourished. Because such problems as poor concentration and anxiety are made worse by starvation, a certain amount of weight gain may be necessary before effective psychotherapy can begin.

Families can help

Dr. Liebman stresses the importance of including the family in therapy, noting that certain behavioral patterns in the family must change for the anorexic to get well. If a difficult home situation does not change, a girl is more likely to return to her anorexic ways.

Dr. Yager recommends an honest,

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may now be emerging as eating disorders.

When a young woman begins losing weight, family and friends compliment her on her more slender appearance. But because chemical changes occur in the body that make a dieter feel good, she doesn't stop dieting. These physical and psychological changes have an addictive quality. The anorexic continues to lose weight, even though she becomes unattractive by anyone's standards.

Unless a person has high blood pressure, diabetes, or high serum lipid or cholesterol levels, says Dr. Yager, it is actually healthier to be somewhat *overweight* than underweight. Other leading medical authorities agree.

For more information write or call these organizations:

- American Anorexia/Bulimia Association, Inc., 133 Cedar Lane, Teaneck, NJ 07666; 201/836-1800. For an information packet, send $1 and a business-size self-addressed envelope bearing 56 cents postage.
- National Anorexic Aid Society, Inc. (NAAS), 550 S. Cleveland Ave., Suite F, Westerville, OH 43081; 614/895-2009. For information, send $1 and a business-size self-addressed envelope bearing 39 cents postage.
- National Association of Anorexia Nervosa and Associated Disorders (ANAD), P.O. Box 271, Highland Park, IL 60035; 312/831-3438. Send $1 for an information packet.
- Anorexia Nervosa and Related Eating Disorders (ANRED), P.O. Box 5102, Eugene, OR 97405; 503/344-1144. For information, send a business-size self-addressed envelope bearing 39 cents postage.

ANOREXIA NERVOSA

continued

but firm approach on the part of the parents. He cautions, however, against becoming angry with the anorexic. "The most destructive thing that can occur is for a parent to be a constant criticizer," he says. "The more angry and undercutting the parents, the worse the outcome of the disease."

An anorexic must realize that she cannot control the lives of those around her, says Dr. Yager. Parents need to set limits concerning what they will and will not tolerate. Although it will be difficult, parents should not cave in to their daughter's unrealistic demands for fear of upsetting her or making her worse.

Act quickly

If you suspect your child is anorexic, seek help immediately from a pediatrician, internist, or other professional familiar with eating disorders. Don't assume that the situation will go away on its own. The sooner anorexia nervosa is diagnosed and treated, the better the chances of a recovery; food rituals and obsessive thinking will be less ingrained.

In pursuit of thinness

Because the "ideal American woman" is much slimmer than she was in the past, women are more likely to worry about their weight. Since 1960, Playboy bunnies, fashion models, Miss Americas—even First Ladies—have all become thinner. Dr. Yager notes that emotional problems which formerly surfaced as hysteria, paralysis, and invalidism,

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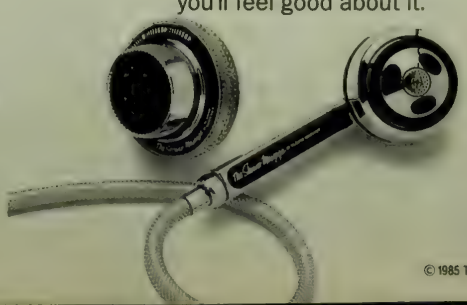
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Single-Serv, about $6 individual pieces; $9 to $20 for sets. Leisure Technology, Inc., Dept. BH, Innovative Sq., Huron, SD 55370.



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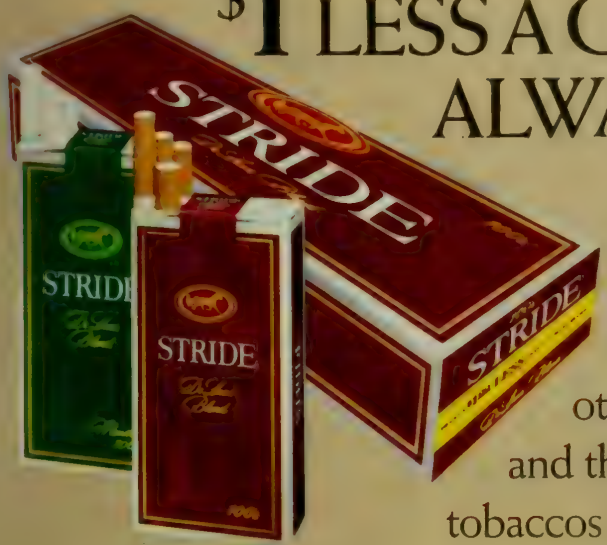
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Communicating with Your TEENAGER

"I'm fed up with being treated like a child!"

"If you want to be treated like an adult, start acting like one!"

"How can I when you keep on picking on me all the time!"

If you're the parent of an adolescent, you may feel as if a megaexplosion has ripped through your relationship with your child. It's no surprise when you consider the powerful forces tugging you and your youngster in opposite directions.

Your teenager is reaching for power, you are trying to maintain control. You want your child to conform, your child wants to be different. You feel that your child needs more responsibility, he wants more freedom.

Inevitably, the tension erupts—a noisy argument followed by a sulking teenager stalking off to self-imposed exile in his room.

If you're unprepared, you can be bewildered by such abrupt changes in a once-compliant youngster. It hurts when the child who always admired you suddenly seems to reject you and your values.

But take heart. Your child needs your guidance now more than ever. The key is skillful communication, even when it may seem unwanted.



Photograph: Steve Niedorf

HOW TO FIGHT SO EVERYONE WINS

The stakes are high in a typical parent-teen battle. Your child is volatile, and you probably aren't used to being contradicted violently. How can you allow a spirited exchange without serious harm to anyone? Fight clean. Follow these guidelines:

- **Let your child know, "No matter how hard you push, I won't stop caring." By the same token, don't let yourself be swayed if your teenager threatens to stop caring for you.**
- **Don't be provoked into physical or verbal abuse. Whenever an exchange reaches that point, back off immediately.**
- **Remember that your child imitates your behavior in many respects, including your fighting style. Calm, reasonable behavior will eventually prevail—if you apply it consistently.**

1. Question sparingly

It's natural for a parent to be intimidated by and anxious about a child's push for independence. As a consequence you want to know what your child is doing, thinking, and planning. But the more questions you ask a teenager, the less information you get. Resist the urge to interrogate.

2. Don't retaliate with criticism

Particularly in early adolescence, teenagers are highly dissatisfied about the world and their place in it. They are extremely unsure of themselves and take comfort in acting dissatisfied with everyone else. "That's stupid" becomes the refrain. Such criticism can beget more criticism, if you fall into the trap. Don't lower your child's self-esteem further by reacting defensively.

3. Persist in giving guidance

Offer advice, even when it's unwelcome. Don't become indifferent after you've been rebuffed. Your teenager still needs feedback from a caring adult. All children *do* listen to their parents, whether they let you know it or not (it can be too painful a loss of face to acknowledge that you were right all along).

4. Keep on trusting

It's a fact that a teenager at one time or another will lie, perhaps unthinkingly, simply to obtain a privilege or avoid punishment. Parents usually view lying as more of a moral issue than their child does.

If you catch your teenager in a lie, confront the issue. Make sure there are consequences. But also work to rebuild trust. A child whose parents tell him they'll never trust him again eventually decides, "They don't trust me anyway, so I might as well lie."

5. Be accessible

Your son asks you a loaded question while you're driving in the car, or shop-

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continued

ping at the supermarket. Why? Head-to-head, formal discussions can be painfully awkward for a teenager. And teens are mercurial—they tend to blurt things out at inappropriate times.

Often, when the focus is on something else, it's easier for a teenager to confide in you. Be receptive to the question, no matter how offbeat it may seem to you.

6. Talk about yourself

"All we ever talk about is me," complains the teenager. It's usually true, due to worried parents' heightened curiosity and anxiety.

Try talking about yourself—especially your own fears and anxieties or memories of similar feelings you had as a kid. Your teenager may relax a bit and open up more.

7. Listen without jumping

What happens when your daughter asks you a question about contraceptives? The temptation is to insist on finding out immediately *why* she wants to know without ever answering the question at hand. That's a mistake. Try to respond directly without interrogating. Then calmly ask why she wants to know.

8. Don't argue needlessly

Teenagers are experts at drawing parents into arguments. It's vital to be firm about what's negotiable and what's not. A two-hour row with your 16-year-old about buying him an unaffordable new car just raises his investment in the matter.

Your wisest approach: State your position on such matters briefly and don't argue with your son.

9. Take a breather from the conflict

Sometimes you need to call a truce. Try to share an activity that's mostly physical—fishing, tennis, jogging, bowling, or whatever. You'll feel refreshed after an activity where you enjoyed each other's company but didn't say anything of consequence. ⊞

—Produced in cooperation with Irene and Carl Pickhardt. Irene Pickhardt is a writer; her husband Carl is a clinical psychologist. The Pickhardts are parents of three children.



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DIET AND HEALTH

The Case for Calcium

Q. How serious is the calcium shortage in American diets that I've been reading about? Is calcium that important?

N. Bryant, Phoenix, Ariz.

A. You've heard that calcium is a bone strengthener. That's not all! Calcium affects blood clotting, the nervous system, muscles, the heartbeat, and cell maintenance. What a job!

The news is that osteoporosis is at epidemic proportions. It's a bone-thinning condition that can develop with age and has been linked to a lack of calcium. Annually, more than 1 million fractures in people over 45 are attributed to osteoporosis. This disease is especially common in nonactive women after menopause.

Remember, you need to replenish calcium in your body every day. If you're an adult or child, you need 800 milligrams each day—that's 2¾ cups of milk. Adolescents (11–18 years old) and pregnant or lactating women need 1,200 milligrams of calcium a day—4¼ cups of milk.

Osteoporosis is at epidemic proportions. Annually, more than 1 million fractures in people over 45 are attributed to osteoporosis.

Q. I really don't like to drink milk, and certainly don't drink two glasses a day. What other foods can I eat to get calcium?

Ted Williams, Dallas, Tex.

A. You're off the hook. The chart below highlights a wide range of dairy and nondairy choices that add calcium to your diet.

Some of the nondairy options may surprise you: corn tortillas, tofu, pinto or kidney beans, collard or mustard greens, corn bread, broccoli, okra, oranges, sardines, dark molasses, and clams, to name a few.

Another choice is to sneak dairy ingredients into your everyday cooking. Add nonfat dry milk powder (2 tablespoons of the dry milk contain about 100 milligrams calcium) to recipes: stir 2 to 4 tablespoons of the dry milk into saucy casseroles, quick breads, cream soups, or cookies. Two tablespoons buttermilk salad dressing yields about 40 milligrams calcium. If you like yogurt, 1 cup will give you 410 milligrams calcium—more than half of what you need each day.

If you're not interested in any of the high calcium foods mentioned on this page, you may need to consider taking a calcium supplement each day. Calcium is best absorbed if the supplement contains vitamin D and is taken on an empty stomach. Consult with your doctor or a nutritionist (registered dietitian) before you choose a calcium supplement.

Are you confused about what you should eat? Have you discovered ways to serve your family more healthful foods? Send your nutrition questions, recipes, and/or tips to us: Diet and Health, P.O. Box 7, Des Moines, IA 50336. We will pay you $50 for each idea accepted for publication and reserve the right to shorten or otherwise edit all copy submitted to us. No materials will be acknowledged or returned. If your idea is purchased, you give Meredith Corporation the right to use it in any manner and for as long as we wish. We do not accept any materials that have been previously published.

Check how many servings equal your daily calcium needs.

BROCCOLI	(1 cup = 140 mg)	5.7
ORANGES	(1 = 60 mg)	13.3
SKIM MILK	(1 cup = 296 mg)	2.7
PLAIN YOGURT	(1 cup = 400 mg)	1.9
MOZZARELLA CHEESE	(1 oz. = 185 mg)	4.3
WAFFLES	(1-7 in = 180 mg)	4.4
MACARONI AND CHEESE	(½ cup = 180 mg)	4.4
CORNBREAD	(1 sq. = 95 mg)	8.4
TACOS	(1 = 175 mg)	4.5

Illustration Mary Grandpre

Just for kids

Here's how to outsmart the kid who refuses to drink milk:

- Blend chilled orange juice and 1 to 2 tablespoons dry milk powder for an orange "shake."
- Serve macaroni and cheese—it's full of calcium!
- Prepare waffles and pancakes—hidden calcium sources—for any meal.



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Prettiest-Ever One-Stitch Crafting

By Nancy Lindemeyer, Jim Williams, and Beverly Rivers



Who would have thought that one simple stitch could be so versatile? All of the projects in this country-fresh setting are worked in outline stitches—an easy technique that gives spectacular results. Our four brand-new designs are reminiscent of traditional patterns. Make them from scratch or our head-start kits. Once you've mastered this easy-to-learn needlecraft, splash the designs on plain fabric to create quilts, pillows, and linens for home and gifts.



▲ A graceful border design winds around this charming birdcage cover. Use the design on bed linens, too.

◀ We gave traditional redwork designs (inspired by old-fashioned pillow shams) new life and used them to adorn the lap quilt and bed pillows.

▶ Embroider accessories to decorate a special teatime setting, complete with tablecloth, heart pillow, and chair headrest and armrest set.

How-to begins on page 84.

Location: Little House, Elkader, Iowa



Prettiest-Ever One-Stitch Crafting

▲ Look closely for ways to adapt our designs. For a summery lap quilt, enlarge a pattern and add a border.



▶ Our flowery motifs can be worked on fresh linen hand towels in no time at all.



▶ Here the lily-of-the-valley appears on a terry cloth towel and a delicate heart-shaped pillow.

How-to begins on page 84 .
How to order on page 202.

Designs: Janet Harrington. Photographs: Mike Jensen

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BOUQUET OF ROSES QUILT

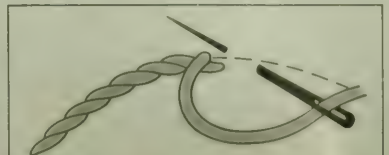
1 Square = 3 Inche

continued from page 82

GENERAL INSTRUCTIONS

All of the projects on pages 80–82 have been embroidered using one simple outline (or stem) stitch (refer to diagram, *right*). The stitch is flexible enough to follow any line or curve. The loop of the stitch may be made on either side of the needle that is mo comfortable for the crafter. For stitc

continued on page 86

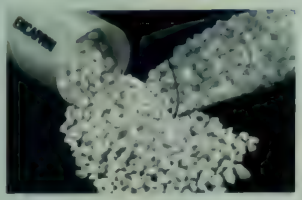


OUTLINE (OR STEM) STITCH

To order iron-on transfers or embro dery kits for projects on pages 80–82, s page 202.

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When arthritis pain says you can't, Encaprin says you can.

Use only as directed. Safety sealed.





continued from page 84

ing to be uniform, do not alternate the loops. Curved lines in the design will look smoother if the stitch size is decreased as you work the curves.

PILLOW SHAMS, page 80

Finished size of each sham is 18×18 in.

Materials: For 1 pillow sham: 1½ yd. white cotton-blend fabric; ½ yd. printed fabric for ruffle; 3 yd. 2-in.-wide lace edging; red embroidery floss; polyester fiberfill; dressmaker's carbon.

Instructions: Enlarge the flower basket design on *page 88* and the lily-of-the-valley design on *page 94* to scale of 1 square equals 1½ in. Transfer design to be worked to 20-in. fabric square. Using 2 strands of embroidery floss, work entire design in outline stitch. When embroidery is completed, press back of fabric; cut backing to match.

From calico, cut and piece a strip of fabric to measure 6×144 in. Fold in half, wrong sides facing; steam-press. Gather fabric to fit outside pillow edge. To make a white ruffle between the lace and calico ruffles, cut and piece a strip of fabric to measure 5×144 in.

With right sides facing, baste ruffle of lace and fabric together along edge of pillow front; piping is optional.

With right sides facing and with ruffles pushed inward, sew front to back. Leave opening for turning; turn, stuff and stitch opening closed.

HEART PILLOW, page 81

Materials: Two 14-in. squares of white cotton-blend fabric; 1 yd. calico fabric for ruffle; 1½ yd. 2-in.-wide lace edging; red embroidery floss; embroidery hoop; polyester fiberfill; transfer pen.

Instructions: Enlarge center portion only of lily-of-the-valley pattern on *page 94* using a scale of 1 square equals 1 in. Center and transfer design on a 14-in. square of fabric. Draw a heart outline around design, referring to photograph on *page 81*. Do not cut out heart shape until embroidery is completed. Mount fabric in hoop if desired.

Using 2 strands of embroidery floss, work entire design in outline stitch.

When embroidery is completed, press back of fabric. Cut out heart shape; cut backing to match.

From calico, cut and piece a strip of fabric to measure 5×60 in. Fold in half, wrong sides facing; steam-press. Gather fabric to fit outside edge of heart.

With right sides facing, baste ruffle of lace and fabric together along edge of pillow front; piping is optional.

With right sides facing and with ruffles pushed inward, sew front to back. Leave opening for turning; turn, stuff and stitch opening closed.

BIRDCAGE COVER, page 81

Note: The design for the birdcage cover can be adapted for a tablecloth.

Materials: 1¼ yd. white cotton-blend fabric; red and blue embroidery floss; 4⅛ yd. purchased or crocheted trim.

Instructions: From fabric, cut a 36-in. square. For cover, make a cut from center to middle of one side.

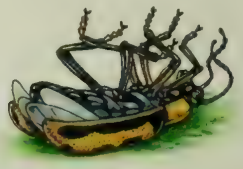
Enlarge morning glory border design on *page 90*. Adjust pattern to fit edge of square; transfer to fabric.

Work design in outline stitches using 2 strands of floss. Use blue for the birds and red for the rest of the design.

To finish, press the back of fabric; hem raw edges. Hand-stitch edging along underside of hem.

continued on page 88

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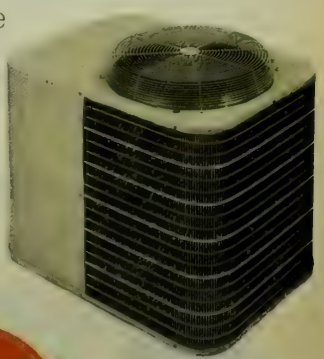
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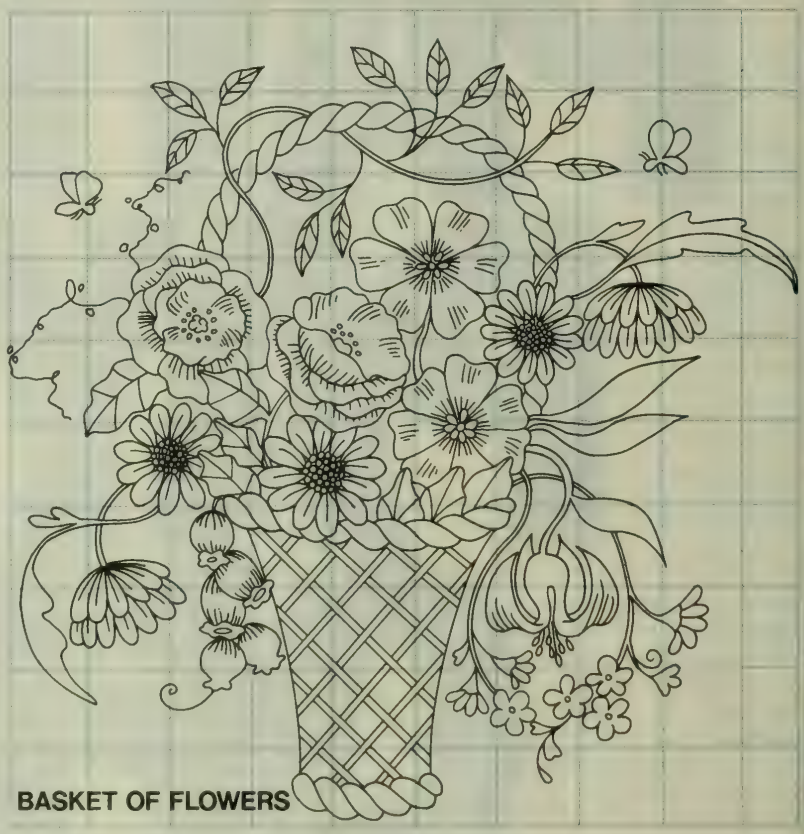
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REXAIR, INC.

ONE-STITCH EMBROIDERY

continued from page 86



BASKET OF FLOWERS

ROUND TABLECLOTH, page 81

Finished size is 67 in. in diameter.

Materials: 6 yd. 54-in.-wide white cotton blend fabric, or enough fabric to cut two 54-in. circles and a border strip pieced to measure 16×216 in.; red floss.

Instructions: *Note:* Adjust cloth size by fitting circle to table. Finished border is 8 in. deep; length of border equals 4 times diameter of the circle.

Cut fabric circles sized as indicated above; set aside. Cut 16-in.-wide strips, cutting from selvage to selvage on the fabric. Piece together ends to measure 216-in. in length. Fold in half to make a piece 8×216 in.; press.

Enlarge morning glory border design on *page 90*. Transfer to border, adjusting design to fit fabric.

Note: Folded edge will be at bottom edge; design should be 1 in. above edge.

Open fabric strip and work the design through only 1 layer of fabric. Work outline stitch with 2 strands of floss. When complete, fold border and press. With right sides facing, ease border ruffle and gather slightly onto double-thickness fabric circle; baste and machine-stitch.

BED LINEN EDGING, page 80

Materials: Purchased bed linens; blue embroidery floss.

Instructions: Enlarge morning glory design on *page 90* onto paper; adapting the design to fit the linen's edge. Transfer design and embroider in outline stitch, using 2 strands of floss.

LAP QUILT, page 82

Finished quilt size is 43×55 in.

Materials: 2 yd. white cotton-blend fabric; ½ yd. each of 2 calico prints for border rectangles; 3 yd. dotted fabric for backing; red embroidery floss; quilt batting; white quilting thread.

Instructions: Enlarge quilt design on *page 84*. Cut a 48×36-in. piece of fabric and transfer design. Work design in outline stitch, using 3 strands of red floss. When embroidery is completed, press back of fabric.

Border triangles are 7½-in. squares cut in half diagonally. Cut 14 white, 6 of one calico, and 7 of the second calico.

continued on page 90

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ONE-STITCH EMBROIDERY

continued from page 88

Cut 4 red triangles in half to make smaller right triangles at corners. Refer to the photograph on *page 82* for color placement. Corner pieces are 7-in. squares, including seam allowance, and are embellished with a repeat of a rose from the center design.

Piece the border by hand or machine. Attach to edges of center panel.

To back quilt, piece dotted fabric to measure 46×58 in. Lay quilt backing on floor, wrong side up. Place batting and quilt top on backing. Pin and baste layers together. Quilt around triangles, using a running stitch and white thread. Fold raw edges of backing up and over top to form an edging; tuck edges under; hand-stitch in place.

HAND TOWELS, page 82

Note: Finished size of each hand towel is 14×22 in.

Materials: 14½×22½ rectangle white cotton-blend fabric; ⅞ yd. lace trim; red or blue embroidery floss.

Instructions: Enlarge bouquet pattern on *page 94*, [illegible] fabric. Embroider [illegible] floss; press back of fabric. Fold raw edges under ⅛ in. twice and stitch by hand or machine. Add lace trim to ends.

TERRY CLOTH TOWEL, page 82

Materials: Purchased towel; embroidery floss; tissue paper.

Instructions: Enlarge lily-of-the-valley pattern on *page 94;* transfer to tissue paper. Designs will not transfer to terry cloth. Pin pattern to right side of towel. Embroider design through both tissue and towel; tear away paper.

ANTIMACASSAR SET, page 81

Note: Antimacassars received their name from "macassar," a man's hair dressing of bygone days. The covers were used to protect chair backs and arms from becoming oily. Today antimacassars are used for decorative purposes and are a wonderful way to display needlework skills.

Materials: ½ yd. white cotton-blend fabric; 3½ yd. lace trim; blue floss.

Instructions: Enlarge basket of flowers pattern on *page 88* to scale of 1 square equals 1 in. Transfer design to 11×18-in. fabric. Work design using 2 strands of blue floss. Curve bottom edge of fabric, referring to photograph on *page 81*.

For arms, work design to size shown. Mark two 7×10-in. rectangles on fabric; position design on each rectangle

continued on page 94





In 1903, Mr. Eaton found Mrs. Eaton sneaking a cigarette while doing the family wash. He promptly hung her out to dry.

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LILY OF THE VALLEY



BOUQUET OF ROSES

1 Square = 1 Inch

continued from page 90

referring to photograph on *page 81*. Work design with 2 strands of blue floss. Round short ends below design. Cut backings; baste lace trim around edges of front piece. With right sides facing, sew front to back; leave opening for turning. Turn; press; stitch closed.

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† only as directed.

Blue Diamond® Almonds

a natural way to give old favorites fresh appeal

Nuts in your potato salad? Are you out of your mind? No, inspired. Because crisp, fresh chopped natural almonds are a perfect counterpoint for the other salad ingredients. Like all Blue Diamond® cooking almonds, chopped natural are ready-to-go right from the cello pack. (Other forms: whole natural, blanched whole, slivered and sliced natural.) Use your imagination—and lots of almonds!

ALMOND NEW POTATO SALAD

- 1 cup Blue Diamond® Chopped Natural Almonds
- 1/4 cup + 1 tablespoon olive oil, divided
- 1/4 cup mayonnaise
- 2 tablespoons lime juice or to taste
- 1 teaspoon salt
- 1/4 teaspoon white pepper
- 1/4 teaspoon sugar
- 1/4 teaspoon cumin or to taste
- 1-1/2 pounds small, red, new potatoes, steamed and sliced
- 1/2 cup sliced green onion
- 1/2 cup julienned red bell pepper
- 1/2 cup julienned celery
- 1 tablespoon chopped, fresh cilantro



Sauté almonds in 1 tablespoon oil until crisp; reserve. Combine mayonnaise and next 5 ingredients. Gradually beat in remaining 1/4 cup oil. Gently toss with potatoes. Fold in green onion, bell pepper, celery, and cilantro. Chill. Just before serving, fold in almonds. Makes 6 to 8 servings.



For a copy of "Classic Almond Recipes" (over 50 of our greatest recipes), send $1.00 to P.O. Box 42577, San Francisco, CA 94142.

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International Cooking 1985, the new annual magazine from Better Homes and Gardens®, is ready to escort you on a tour of six international *Main Dishes Made Easy.* Along the way you'll sample *Oriental Appetizers, Delectable Desserts,* British *Teatime,* and much more. First stop? Your newsstand, where you'll find *International Cooking 1985.* Bon voyage! On sale March 26.

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NEW CAR WARRANTIES

REAL VALUE OR JUST MORE HYPE?

HOW MAJOR WARRANTIES COMPARE

There may be different coverages for various models, particularly luxury cars.

Basic Coverage	12 months/ 12,000 miles	12 months/ 12,000 miles	12 months/ 12,000 miles	12 months/ 12,000 miles	12 months/ 12,500 miles	12 months/ 12,500 miles	24 months/ unlimited mileage
Rust-Through Protection	36 months/ unlimited mileage	36 months/ unlimited mileage 5 years/50,000 miles for body panels	36 months/ unlimited mileage	36 months/ unlimited mileage	36 months/ unlimited mileage	36 months/ unlimited mileage	36 months/ unlimited mileage
Major Components	24 months/ 24,000 miles; $100 deductible	5 years/ 50,000 miles; $100 deductible	24 months/ 24,000 miles; $100 deductible	24 months/ 24,000 miles; $100 deductible	24 months/ 25,000 miles; no deductible	24 months/ 24,000 miles; no deductible	Included in basic coverage; no deductible
Extended Care	Available; price varies widely model to model	Available; price set by dealer	Available; base price $170	Available; price set by dealer	Available; price set by dealer	Not available*	Not available*

*May be offered by dealer independently of manufacturer

Until recently, most of us considered a warranty on a new automobile to be little more than an early warning device: The expiration date told us when we could expect some expensive car trouble. Warranties didn't used to last long and seldom seemed to cover what went wrong. But that's changed. Over the past few years, energy crises, recessions, rampant inflation, and sky-high interest rates have converted many of us from "throw-it-away" to "keep-it-till-it-wears-out" consumers. Auto manufacturers took notice and realized that a strong warranty was a good sales tool.

To find out just how well today's warranties protect new-car owners, we surveyed seven major manufacturers: AMC, Chrysler, Ford, General Motors, Nissan, Toyota, and Volkswagen. We found some major differences in coverage and some important variations on the basic warranty. New cars are covered in three primary categories:

1. Basic coverage

The auto industry has adopted an unofficial standard for basic coverage. For the first 12 months or 12,000 miles there is no charge, in typical warranty language, for "any repairs, replacements, or adjustments to correct defects under normal use in factory materials or workmanship." Basic coverage also may include the cost of towing a disabled vehicle to a dealership and may cover all or some of the cost of a rental while the car is being repaired.

Nissan and Toyota extend the mileage allowance in their basic coverages to 12,500, and beginning with 1985 models, VW has extended basic coverage to 24 months with unlimited mileage—the longest in the industry.

2. Protection against corrosion

For years manufacturers had a cavalier attitude about rust and corrosion and lumped it into the Act of God category, along with other natural disasters. But when the "new consumers" began demanding that cars last longer than the payments, car makers realized corrosion protection was a must.

All the manufacturers we surveyed provide good corrosion coverage. Deterioration in the surface is fixed under the basic coverage provisions, and protection against perforation extends to 36 months, with no mileage restrictions. Chrysler covers outer-body panels for 5 years or 50,000 miles.

3. Major-components coverage

Once the basic coverage expires, the cost for repair or replacement of relatively minor items falls on the owner. The "big buck" items are still covered under the power-train or major components part of the warranty, which typically extends to 24 months or 24,000 miles. Chrysler's lasts for five years or 50,000 miles.

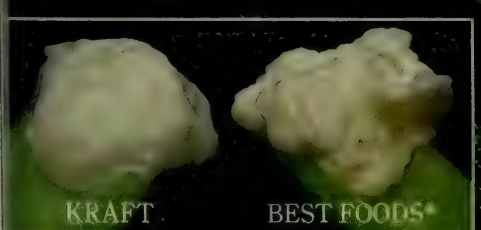
Although the specific items covered vary, they usually are the engine and its internal parts, the transmission, the rear-drive axle, the universal joints and some suspension components.

Extra coverage

Even more protection is available in extended-care programs. They extend coverage on a wide range of components to as much as five years and 100,000 miles and can even cover maintenance costs. Extended service plans cost an average of $400; they're generally a good value.

—By Mike Knepper

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If you or someone in your family has the kind of skin that burns easily, new Shade Sunscreens are for you. They've been specifically developed to screen out the sun's ultraviolet B rays that can burn your sensitive skin.

2 Nothing protects better against long-term skin damage.

Shade Sunscreens not only protect against B rays, they also screen out the sun's ultraviolet A rays that can be one of the causes of premature aging of the skin. More important, liberal and regular use can even help prevent skin cancer caused by overexposure to both A and B rays.

3 The Shade Sunscreen line is even more waterproof than Sundown.

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The 3-way protection Shade formula not only lets you and your family get out in the sun, it lets you enjoy it.



What's What in Wood Siding

Solid wood continues to be a favorite material for siding projects. It's easy to work with and comes in a number of shapes, sizes, grades, and finishes. Some types can be applied in more than one way to create a different look. This thumbnail guide lists the basic siding options you're likely to find at your local lumberyard or building center.

Wood siding is classified according to its cross section and the way it is applied to the wall. The accompanying sketch illustrates each shape and its pattern variations.

BOARD—This is the simplest type. Boards can be applied in three basic patterns: *board and batten*, *board on board*, and *clapboard*.

BEVEL—As its name implies, *bevel* siding tapers toward one edge to fit close to the wall.

DROP—The outer surface of *drop* siding has a slanted "nose" that sheds water readily and creates a distinctive shadow line below each joint. Drop siding produces a rustic effect that makes it especially appropriate for cabins and outbuildings.

DOLLY VARDEN—This type resembles bevel siding but fits even closer to the wall because the bottom edge is notched to overlap the course below.

TONGUE AND GROOVE—This siding interlocks like strips of hardwood flooring for a snug, weathertight fit.

CHANNEL RUSTIC—The edges on this siding are specially milled flanges that allow the courses to overlap snugly. One flange is milled wider to form a channel near each joint. This creates strong vertical or horizontal shadow lines similar to those of a board-and-batten pattern.

LOG CABIN—It looks like full-round logs but is much easier to work with. Each piece is lightweight, and the courses overlap like drop siding.

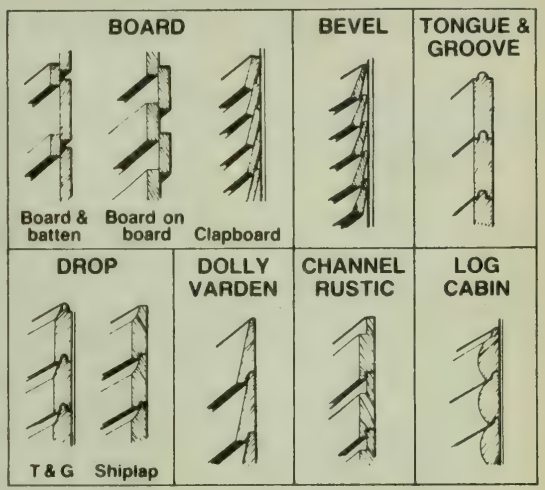


Illustration: Stamats Communications



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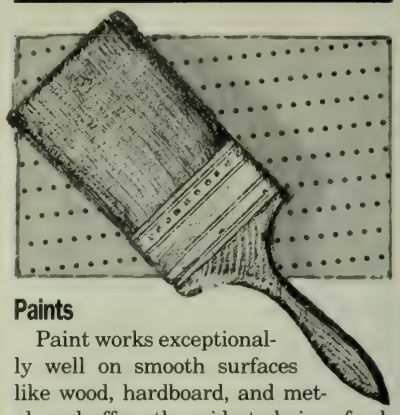


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B U I L D I N G

The Lowdown on Exterior Paints and Stains

Many kinds of siding, especially wood siding, need protection from sunlight and moisture. All exterior paints or stains provide some protection, but which type is your best choice? Here is a roundup of what's available at your local paint store or building center.



Paints

Paint works exceptionally well on smooth surfaces like wood, hardboard, and metal, and offers the widest choice of colors. Latex paints are thinned with water, so you can use them on mildly damp surfaces; alkyd paints are thinned with a solvent. (Note: alkyd doesn't mean oil-based paint, which is rarely sold nowadays.) On exterior surfaces, alkyd paints last several years longer than their latex cousins.

Semitransparent stains

These are tinted, oil-based substances that protect wood without obscuring its natural grain. Semitransparent stains are good choices for rough wood sidings, cedar shingles and shakes, and wood trim. Many contain a preservative to guard against rot and termites. Semitransparents are less expensive than some kinds of alkyd-based paints, but wood soaks them up easily so you need to apply two coats.

Heavy-bodied stains

These stains hide the grain but the texture of the wood remains visible. They're available in many hues and either latex- or oil-based versions. Both kinds are more durable than semitransparent stains and do a good job of masking knots and other defects. The latex variety tends to hold color longer, while the oil-based type does a better job of preserving the wood.

Clear sealers

There are several to choose from: bleaching and linseed oils, and urethane and spar varnishes. All enhance the natural beauty of wood, but varnish should be used only on smooth wood sidings and trim. Most sealers allow wood to age, weather, and gray naturally, but varnishes inhibit the aging process. Some sealers are inexpensive, but all need a fresh coat every two years.

New DuPont Landscape Fabric.

DuPont Landscape Fabric

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It controls weeds--and gives you healthier beds, too.

New DuPont Landscape Fabric gives you a gardening advantage you don't get with plastic film. That's because DuPont's unique fabric lets water and plant-care liquids pass through, right down to the roots. And, of course, it helps weed control, too.

You save time and work when you put down DuPont Landscape Fabric. Unlike plastic film, it doesn't cause puddles to form--so it reduces mulch and stone wash-away. The fabric lasts for years, once properly covered with mulch. It resists tears and punctures. It's unaffected by extreme temperatures. It's unaffected by common garden chemicals, and it's easy to cut with scissors or knife.

If you're restoring an existing bed or starting a new one, make DuPont Landscape Fabric part of your plans. Look for it at your garden supply retailer. It's the new, easy way to better bed feeding and less bed weeding.

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Buying Beer

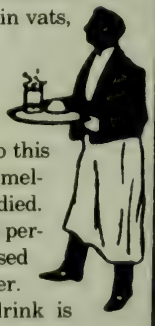


Before you quench your thirst with beer, take a look at your choices. You'll find beers that range from exotic imports to locally brewed brands. Each brewery creates beers that vary from those of other breweries in the flavor, body, alcohol content, and color. Instead of sampling each, use this guide for choosing your brew.

How beer is brewed

The brewing process begins with malt mixed with water and sometimes other grains to form what's called a mash. This is filtered for the clear, amber liquid called wort.

The wort is combined with hops; boiled and cooled. Yeast is added and the whole mixture is fermented. The last step requires aging in vats, the process of lagering.



What's available?

- ***Lager beer:*** Most American beers fall into this category. Lager is pale, mellow tasting, and light bodied.
- ***Light beer:*** About 20 percent of the beer purchased in the U.S. is light beer. This lighter flavored drink is brewed to reduce calories.
- ***Reduced-alcohol beer:*** A new drink is reduced- and no-alcohol beer. The brewing method trims the alcohol content for a light-flavored brew without the "buzz."
- ***Malt liquor:*** Also a lager, this beer is darker and light bodied. It's slightly bitter compared to regular lager.
- ***Stout:*** This beer has a syrupy body and intense tangy, sweet flavor. Stouts are dark with a distinctive aroma.
- ***Bock:*** Traditionally German, this dark brown beer offers a full body and sweeter-than-lager taste.
- ***Ale:*** Full robust flavor and body set ale apart from other beers. Its color ranges from pale to deep amber.



We make other vegetables green with envy.

Why would other vegetables be jealous of potatoes?

First off, for their flavor. Potatoes are probably the only vegetable Mother never had to tell you to eat.

Then, for their nutrition. Potatoes are excellent sources of iron, fiber and Vitamin B_6. Plus, one potato gives you 50% of the U.S. Recommended Daily Allowance of Vitamin C.

And to top it off, no other vegetable can be fixed as many different ways as the potato.

Of course, a potato isn't totally unlike its greener cousins. It is naturally low in calories (only 110 for a medium-sized potato*) and is 99.9% fat free. Plus, potatoes have absolutely no cholesterol.

So next time you're looking for a vegetable to round out your meal, pick up a potato.

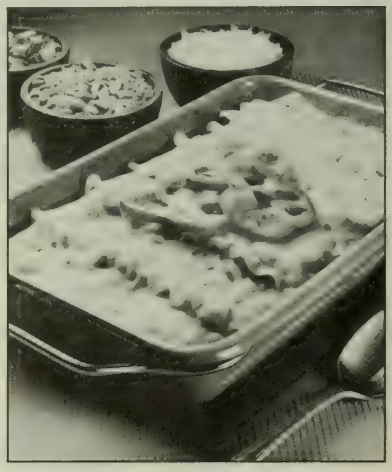
And see why other vegetables are green with envy.

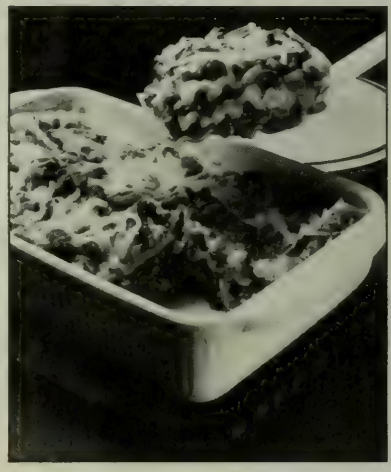
Potatoes. America's Favorite Vegetable.

*150 grams, round type, boiled in skin. Source: "Nutrition Labeling, Tools For Its Use," USDA Bulletin No. 382, 1983–84 National Consumption Study. © 1985 The Potato Board

Look What You Can Do with Lasagna!







Families who enjoy full-flavored Italian lasagna will heartily endorse each of these deliciously different main-dish takeoffs.

LASAGNA SPINACH ROLL-UPS

- ½ cup hot water
- 1 10-ounce package frozen chopped spinach, thawed
- ⅓ cup grated Parmesan cheese
- 2 tablespoons cooking oil
- 1 clove garlic, minced
- 1 teaspoon lemon juice
- 2 3-ounce packages cream cheese, softened
- 1 egg yolk
- ⅔ cup chopped walnuts
- ¼ cup plain yogurt
- 6 lasagna noodles, cooked and drained

In a blender container place water, spinach, *2 tablespoons* of the Parmesan cheese, the oil, garlic, lemon juice, and ¼ teaspoon *salt*. Cover; blend till smooth. Set aside. Combine cream cheese, egg yolk, *half* the nuts, the yogurt, and remaining Parmesan cheese. Pat noodles dry. Spread each with a scant *¼ cup* cream cheese mixture; roll up. Cut rolls in half, forming two spirals. Spread *2 tablespoons* spinach sauce in each of six 10-ounce baking dishes. Place 2 rolls, cut side down, in each dish; pour remaining sauce over. Bake, covered, at 350° for 20 minutes. Uncover; top with remaining nuts. Bake 5 minutes. Makes 6 servings.

CURRIED SEAFOOD LASAGNA

- 1 6½-ounce can minced clams
- Milk
- ½ cup chopped onion
- ½ cup chopped green pepper
- ½ cup chopped celery
- 1 teaspoon curry powder
- 3 tablespoons butter *or* margarine
- 3 tablespoons all-purpose flour
- 1 teaspoon instant chicken bouillon granules
- ½ cup shredded Monterey Jack cheese (2 ounces)
- 1 4½-ounce can shrimp, rinsed and drained
- 6 lasagna noodles, cooked and drained
- Peanuts, shredded coconut, and sliced green onion

Drain clams, reserving liquid. Add milk to liquid to make 1½ cups total; set aside. Cook onion, chopped green pepper, celery, and curry powder in butter or margarine till tender. Stir in flour and bouillon granules. Add milk mixture; cook and stir till bubbly. Stir in cheese till melted. Combine *1 cup* of the cheese sauce, the shrimp, and clams. Arrange noodles crosswise in a greased 10x6x2-inch baking dish, overlapping as necessary and allowing ends to hang over sides; spread seafood mixture atop. Fold noodles back, overlapping ends. Pour remaining sauce atop. Bake, covered, in a 350° oven 30 minutes. Let stand 10 minutes. Serve with peanuts, coconut, and onion. Serves 6.

RED BEAN LASAGNA

- 1 large onion, chopped (1 cup)
- 1 medium carrot, chopped
- 1 clove garlic, minced
- 2 tablespoons cooking oil
- 1 16-ounce can tomatoes, cut up
- 1 16-ounce can red beans, drained
- ¼ cup snipped parsley
- 1 teaspoon sugar
- 1 teaspoon dried oregano, crushed
- 1 teaspoon dried basil, crushed
- 2 cups sliced fresh mushrooms
- 1 beaten egg
- 1½ cups shredded mozzarella cheese (6 ounces)
- 1½ cups cream-style cottage cheese, drained
- ¼ cup grated Parmesan cheese
- 6 lasagna noodles, cooked

Cook onion, carrot, and garlic in oil. Add *undrained* tomatoes, beans, parsley, sugar, oregano, basil, and 1 teaspoon *salt*. Bring to boiling. Cover; simmer 15 minutes. Mash beans slightly. Add mushrooms; simmer, uncovered, 15 minutes. Combine egg, *half* of the mozzarella, the cottage cheese, and Parmesan cheese.

Spread *½ cup* bean mixture in a 10x6x2-inch dish. Arrange *two* noodles atop. Spread with *one-third* the cheese mixture, then with *one-third* remaining bean mixture. Repeat layers twice. Bake, covered, in a 375° oven 40 minutes. Top with remaining cheese. Bake 5 minutes. Makes 6 servings.

Photographs: Mike Dieter



Man should not live on hamburger alone.

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HILLSHIRE FARM COUNTRY GRILL Makes 8 kebabs

- 1/3 cup honey
- 1/4 cup spicy brown mustard
- 1/4 cup vegetable oil
- 1 Tb soy sauce
- 2 cloves garlic, minced
- 1 tsp ground ginger
- 8 pearl onions (or small onion wedges)
- 1 medium zucchini, cut into 1-inch pieces
- 1 1/2 lbs **Hillshire Farm Beef Smoked Sausage** or **Original Smoked Sausage,** cut into 24 1-inch pieces
- 2 medium green peppers (1 red if available), cut into bite-sized pieces
- 8 mushroom caps

Prepare marinade by combining honey, mustard, oil, soy sauce, garlic, and ginger; blend thoroughly. Add sausage and vegetable pieces and stir. Marinate 1 hour or more, stirring occasionally. Assemble skewers by alternating sausage and vegetables as desired. Grill or broil 4 minutes on each side, basting with marinade if desired.

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Light-Bulb Options To Cut Energy Costs

Keeping your electric bill down doesn't mean you have to live in the dark.

When you maximize the amount of light produced for the amount of energy expended, you can actually improve your home's lighting while reducing electricity needs.

Here are a number of easy ways to save energy by making the most of your light bulbs.

- **Get the most light** (measured in lumens) for the least amount of energy (measured in watts). Lumen ratings are printed on light bulb packages; be sure to compare them when shopping for the best energy buy.

Also, look for new, low-wattage bulbs that require less power to produce the same amount of light as higher wattage bulbs. You will find, for instance, new energy-saving 95-watt bulbs that will produce the same light as regular 100-watt bulbs.

- **Use three-way bulbs** that let you select low, medium, and high light levels so a variety of needs are met without wasting energy. In most cases, you'll need the highest level only for reading and close work.
- **Use reflector (R) bulbs** instead of ordinary incandescent bulbs. Although these R bulbs are more expensive than regular incandescent ones, they direct their light more efficiently, avoiding wasteful light spill.

Reflector bulbs also can last up to 2½ times longer. (See the chart below for suggested conversions.)

- **Opt for fluorescent tubes,** instead of incandescent bulbs wherever possible. Fluorescents produce three to five times as much light as incandescent bulbs and are now improved to provide warm, flattering light that's close to incandescents in color.

Also look for specially made fluorescent tubes that fit into incandescent sockets, allowing you to use your old fixtures. (See chart for incandescent/fluorescent conversions.)

- **Use dimmer switches** or high-low switches to extend the life and reduce the power consumption of your incandescent bulbs.
- **Clean bulbs and fixtures often** to maximize light output.
- **Don't overlight.** Always keep a supply of bulbs of the right wattage on hand. That way, you won't be tempted to use a higher wattage bulb than what's needed.

If you're using:	Try:
100-watt bulb in pole lamp or recessed fixture	**50-watt** reflector bulb
60-watt bulb in pole lamp or recessed fixture	**30-watt** reflector bulb
40-watt bulb in high-intensity lamp	**25-watt** reflector bulb
50/100/150-watt bulb	**15/135/150-watt** bulb
100-watt bulb in lamp or fixture	**44-watt** fluorescent unit made for incandescent socket
60-watt bulb in lamp or fixture	2 **20-watt** fluorescent tubes
4 **40-watt** or 2 **60-watt** bulbs in ceiling fixture	2 **20-watt** fluorescent tubes
1 **100-watt** bulb in ceiling fixture	4 **20-watt** fluorescent tubes
4 **60-watt** bulbs in ceiling fixture	1 **40-watt** fluorescent tube
2 **75-watt** bulbs in bath fixture	1 **20-watt** fluorescent tube
1 **60-watt** bulb in bath fixture	2 **40-watt** fluorescent tubes
4 **60-watt** or 4 **75-watt** bulbs in bath fixture	**22-watt** fluorescent unit made for incandescent socket
4 60-watt bulbs in ceiling fixture	1 **32-watt** and 1 **40-watt** fluorescent unit made for incandescent socket

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A Child's Room That Can Grow Up Too

Kids grow up fast, but their rooms can grow up right along with them. The trick is to build in some flexibility and use durable, quality materials. This stylish child's room demonstrates how thoughtful design can meet kids' needs at any age.

Keep it simple

Your best bet is a simple, understated scheme that always seems the right "age." Here, the homeowners chose plain walls and subtle accents as a backdrop for their daughter Lisa's collection of books and toys.



An L-shaped banquette provides seating and storage in the play area.

Make it sturdy and adaptable

Roomy cabinets flanking the worktable at the active end of the room hold games, toys, and hobby supplies. When Lisa grows taller, her parents will raise the tabletop a few inches; they allowed extra room in the niche at one end, and had a longer set of legs made for the other. For durability and easy upkeep, all the built-ins are covered with decorative laminate, and the flooring in the play area is ceramic tile.

Photographs: Kim Brun. Design: Beverly Feldman, Functional Interior Design. Field editor: Sharon Haven



This stylish child's room features cleverly designed built-ins and durable, easy-care materials. The worktable can be raised when the child grows older.



A short partition and change of flooring materials divide the sleeping area from the play area. Two skylights supply natural light near the bed.



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Stock Index Options:

The Game, the Strategies, the Payoffs

One advantage to options is that they offer great leverage, or potential for profit. Leverage, of course, can work against you as well as for you. No matter how much the market moves against you, however, you cannot lose more than the premium and your broker's fee.

More and more investors are taking a gamble on stock index options, an investment that offers something (almost) for everyone.

Whether you're a cautious investor seeking to protect your stocks or an aggressive speculator willing to take risks for possible big gains, stock index options are worth your consideration.

Introduced in 1983, they are traded on major security exchanges and work in much the same way as options on individual stocks (see boxes this page and next). With index options, however, you're betting on the rise or fall of the value of a broad section of the stock market, rather than the movement of one individual security.

You have a number of indexes to choose from. Most people view the market broadly and thus the indexes that reflect general market trends are the most popular. They include the Major Market Index, which is an index of 20 blue chip stocks traded on the American Stock Exchange; the New York Stock Exchange Composite Index of its more than 1,500 issues; and the Chicago Board Options Exchange's S&P 100.

Other more specialized indexes reflect particular industries or segments of the market. Unless you have extensive knowledge about a particular area of the market, you'll probably want to stick with the general indexes.

One reason index options have been so popular is that they are versatile. They can be used in a wide variety of ways with any number of different investment strategies in mind. Following are examples of four ways investors commonly use index options to meet their investment needs.

Strategy One: Quick bucks on a market rise

Assume that you think the market will rise in the near term (meaning the next couple of months) and you have $300 available to bet on that belief.

Placed in individual stocks, that money wouldn't go far; the market rise would have to be substantial for you to make very much profit in the short term.

You might instead choose to put your money in index options. If in May the NYSE index is at 95.00, you might find you could purchase an NYA July 95 call for a premium of 3, or $300. (NYA is the trading symbol for the NYSE index.) If there were then a market rally before the July expiration and the NYSE index rose to, say, 104.00, you could exercise your 95 call and receive the cash difference—at $100 a point—between the index value (104.00) and the exercise price (95.00). In this case, the difference would be 9 or $900, or a profit of $600.

In just two months on a 10 percent market move, that's 200 percent profit, less transaction fees and taxes.

Note: The amount of tax that you will have to pay is dependent on a number of factors.

How do options work?

Stock index options are based on the same concept as stock options, which have been in the marketplace for years. Simply put, a stock option is a contract that gives you the right to buy or sell a specific number of shares of a particular stock at a given price within a specific time period.

There are two types of stock options, *calls* and *puts*. The purchase of a *call* gives you the right (but not the obligation) to *buy* shares of a stock at a specified value (called the *exercise* or *strike price*). The purchaser of a *put* has the right to *sell* shares at the strike price. Every option has an *expiration date* (usually the third Friday of the expiration month); they're sold for one-, two-, three-, six-, or nine-month periods.

Strategy Two: Protect your portfolio against market movements

The primary way index options are used is to hedge against market-wide price movements.

Say you have a diversified stock portfolio that's worth about $25,000 and you either fear or expect a temporary decline in the market. To protect your investment you could, of course, sell your stocks and take your profits. But if you prefer to hold on to your securities for their long-term potential and tax considerations, you could buy yourself a little insurance in the form of stock index options.

Assume that the current New York

continued

Editor: Kathryn Stechert

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continued

Stock Exchange Composite Index is at 90.00 and the NYA June 90 put is at 1½ ($150 for each option). You could buy 4 NYA June 90 puts for $600. In the event of a 5 percent decline in the NYSE index to 85.5, your NYA June 90 puts would trade for about 5 ($500 each) and you could sell them for $2,000, making a profit of $1,400. Taxes and transaction fees will lower that profit figure.

A 5 percent decline in your $25,000 portfolio would reduce its value by $1,250, so your "insurance" strategy would result in a small profit. And, most important, you've protected your investment position.

If, during the same period, the market did not decline but advanced, you could lose the entire $600 on the puts. But you would probably make much more than that on your stocks and you could look at the lost funds as simply insurance you didn't need.

On the *other* hand, if the market just drifted along with little movement, you could lose some or all of the $600 and not gain anything on your stocks. If you held the puts until the expiration date (holding out for the big drop that didn't come), you would lose it all.

You could reduce your loss by selling the puts (for, say, $400 or $200, depending upon the current market) before expiration.

It's important to make sure you're comfortable with the amount of money you've put at risk and to be alert for opportunities to limit losses if the market should move against you.

Strategy Three: Profits from a market fall

Suppose you think there will be a slight decline in the stock market in the next several months.

To profit from that expectation you could purchase a *put* on one of the indexes. You might decide on the American Stock Exchange's Major Market Index. Say

One reason index options are so popular is that they are versatile. They can be used in a wide variety of ways with different investment strategies in mind.

the MMI was at 234. You could buy puts at any number of strike prices with any number of expiration dates for various prices. You might decide on a put at a strike price of 235 and a July expiration for a premium of $750.

If the index then did fall before the expiration date, as you had anticipated, you could then either exercise the option or resell it, depending upon which action would yield the greatest profit to you.

If you exercised, you would receive the cash difference between the 235 strike price and the closing value of the index on the day you exercised, again at $100 a point.

Strategy Four: Hedging a particular stock

Another time to use stock index options is when you have some reason to be confident about what a certain stock will do. Say you think that ABC stock will outperform the overall market but you're not at all sure which direction the market will move. In August, you could buy, say, 200 shares of ABC stock at $50 a share and hedge that $10,000 investment by buying an index option. For a premium of $250, you could, for example, buy an October 100 put on a broad-based index with a current level of 100. If, before the October expiration date, the index declined 10 percent to 90, but the price of the stock declined only 5 percent to $47.50, you could sell the put for a profit of $750 (10 points × 100 = $1,000, less the $250 premium). With the loss of $500 sustained by the stock (which you can still hold, if you wish), your profit, before transaction costs, is $250.

Should the price of the stock rise while the general market and index decline, you will cackle all the way to the bank. On the *other* hand, if the stock and index both decline but at about the same rate, or if the index climbs at a greater rate than the stock, you will sustain a loss. Last and most glumly, if the stock swoons but the index soars, you will be clobbered from both sides.

Other strategies

There are many other strategies for the use of index options to reduce investment risk and increase rewards. Publications that provide detailed information on all aspects of these options are available from major securities firms and stock exchanges. Your broker, if she or he is knowledgeable about options, can help you decide which strategies and indexes are best suited to your objectives.

—With William Cole

What are the costs and risks?

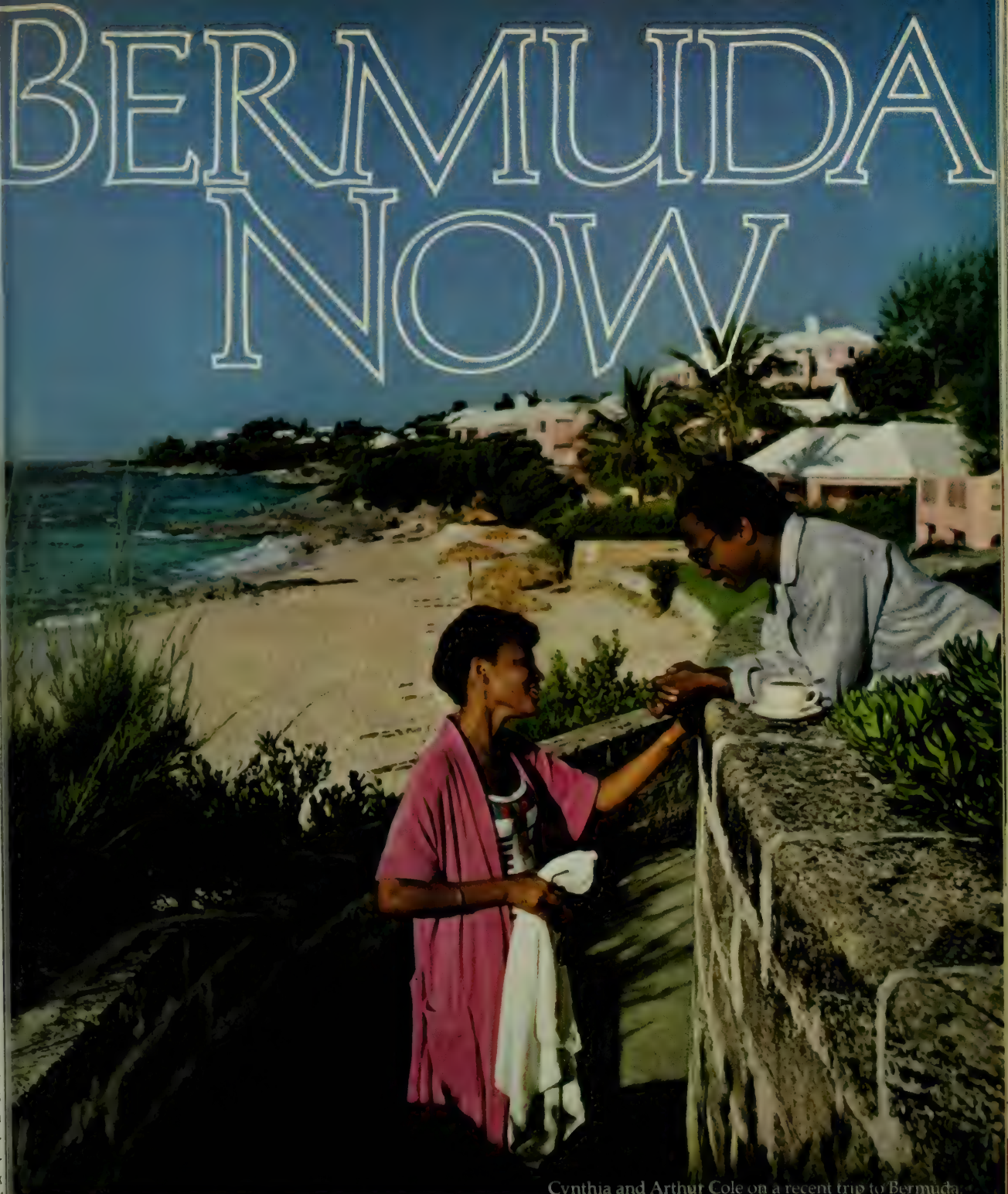
Options cost very little compared to stocks because the *premium,* the price you pay, is only a fraction of the value of the underlying security. An option might have a strike price of $40, for example, making 100 shares of the underlying stock (which would constitute one option) worth $4,000. Depending upon the expiration date, the premium for the option might be 3 or $300. You pay the premium in order to lock in the strike price until the expiration date of the contract. The premium is determined by supply and demand and varies with fluctuations in the stock price or market index and the time remaining before the option expires.

You'll also pay a broker's fee. At the full commission brokerage firms, commissions on index options are usually the same as on stock options—about $25 for one option, with a declining scale for more. The fee is less than half that at some discount brokerage concerns.

When purchasing a stock option, few investors are really hoping to buy or sell the stock. What they're doing is placing a bet on what they think its value will be at a particular time. The same is true of index options; you invest according to your expectations of how the market will move. You won't really buy or sell an index.

One advantage to options is that they offer great leverage, or potential for profit. Leverage can work against you as well as for you, of course. Your option positions, small or large, can quickly be reduced to zero. No matter how much the market goes against you, however, you cannot lose more than the premium and your broker's fee. Options retain the benefits of limited risk—unless, of course, you've put up more than you can afford to lose.

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Grand-Scale Room Warm-Ups

Special planning and a few decorating tricks can keep oversize living spaces from appearing cold and impersonal. Warmth is the vital element that spells the difference between a hands-off showplace and a grand and gracious yet livable home.

ARRANGING FOR INTIMACY

Abundant floor space, a high ceiling, and an expansive view make decorating this California contemporary living room (*right*) both delightful and difficult. The challenge is to preserve the wide-open feeling, while creating a personal and inviting room.

Grouping the furniture in the center of the room to form a close, comfortable conversation area is an important first step. Natural canvas upholstery dresses down a traditional tailored sofa, blending beautifully with garden-style rattan and a casual rocker. A chrome and glass coffee table and an antique cheese bin, used as an end table, complete the eclectic mix that lends the look of relaxed sophistication.

PERSONALIZING WITH ACCESSORIES

Long bookcases, cantilevered on wall-mounted dowels, give the room an easy horizontal flow. The bookcases are another important part of the warm-up. The shelves unify the room by repeating the wood tones of the paneled and beamed ceiling, while the books, baskets, plants, and objets d'art add interest and personality.

COZYING UP WITH WARMING TOUCHES

This large old-house dining room (*right*) captures the mood of an Old English dining hall. The glowing antique furniture helps put warmth and flexibility into a space that easily could appear overpowering.

The banquet table is really two small refectory tables that can be used in tandem for grand-scale entertaining or separately for less formal dining. At the far end of the room, a sunny breakfast area is created in the windowed bay by adding a scaled-down table and chairs. Flowered chintz at the window and a mellowed Oriental rug underfoot subtly soften the space.



Casual furniture and a comfortable mix dress down this ample living room.



A great dining hall warms up with the look of the English countryside.

Photographs: Top, Fred Lyon. Design: Susan Erickson. Field editor: Helen Heitkamp. Above, Hedrich-Blessing. Design: Doris Ream Lawrence and Jeffrey Lawrence. Field editor: Jessie Walker Associates.

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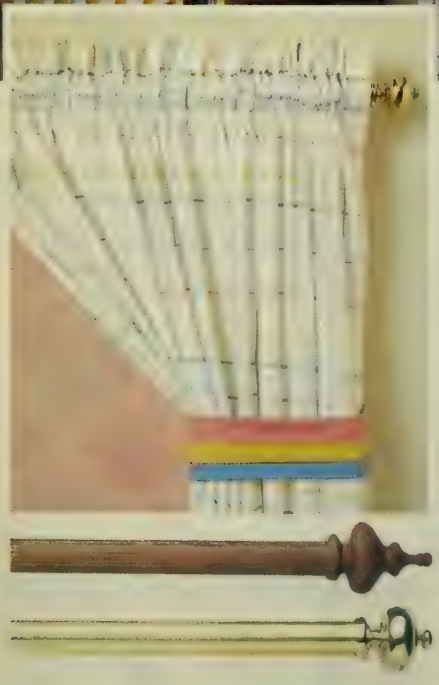


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DECORATING

Vinyl Tile Update



Solid-vinyl tiles, which beautifully simulate higher-cost natural flooring materials, are worthy of consideration in your next decorating project. Here's why.

ADVANTAGES

Many decorative options are possible with solid-vinyl tiles.

In addition to solid-white or -black tiles, you'll find designs that look surprisingly like brick, quarry tile, marble, slate, and wood.

Unlike the real thing, however, vinyl imitations are less expensive to install and offer softer comfort underfoot than many of the natural flooring materials. Tiles cost approximately $2 to $7 per square foot, which usually includes installation charges.

The composition of solid-vinyl tiles makes them highly durable and stain- and wear-resistant. They often are used in heavily traveled areas in commercial buildings. This type of flooring also is easy to maintain. Damp mopping and an occasional application of a protective acrylic or vinyl dressing are all that's required.

INSTALLATION

Homeowners can bring down the cost of these long-wearing floors by opting for self-adhesive "peel-and-stick" vinyl tiles.

Tiles that require hand-set adhesives are best left to the professionals.

Photograph: George Ceolla



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Streamlined storage hides behind the "leg" of a laminate table.

DESIGNING DETAILS ▲

Discreet storage, like the flush cabinet doubling as a desk leg (*above*), maintains a trim uncluttered look. Strong horizontal lines, like those of the floating display ledge, visually elongate the room. Color, too, adds to the illusion. The space-expanding neutral backdrop gets interest from a variation of textures—glossy laminates, grass cloth wall covering, nubby cushions, and mini-grid patterned carpet. Vibrant turquoise and coral pillows splash on the contrast.

Photographs: Miyasaki/de Gennaro. Design: Marsha Sewell
Field editor: Sharon Haven

DECORATING

Built-Ins to Make a Room Roomier

Space-stretching built-ins make even little rooms go a long way. In this compact, multipurpose study, one well-planned wall delivers seating, sleep space, storage, and a work surface. Color, texture, and clean horizontal lines make the most of every inch.

MULTIFUNCTION FURNITURE ▶

Arranging furniture in this long narrow bedroom (*right*) was a nightmare before the built-in banquette made way for sweet dreams and a whole lot more. The deep-seated sofa converts to a guest bed when the need arises. Meanwhile, the laminated "nightstands" also function beautifully for writing or sewing.



Against creamy furniture, colorful pillows and accents create instant impact.



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Screen Plays





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And, because they're portable, you can easily assign screens to different roles as your decorating and furnishings needs change.

Facilitate a furniture arrangement

A screen can facilitate furniture arranging, too. Gracefully arched wooden panels turn a once-wasted traffic lane into a cozy sitting spot in this living room (*top*).

The screen helps define and set off the furniture grouping, separating it from the stairway.

An area rug further anchors the conversation grouping and adds a touch of softness underfoot.

Create a decorative backdrop

Hinged, fabric-covered panels (*above*) provide a colorful, wall-like backdrop for the table and chairs on this airy porch. For a coordinated look, the glazed chintz fabric is repeated on the chair cushions and tablecloth.

The ceiling-high divider also gives the dining spot added impact, while concealing an unattractive and little-used door to the adjacent garage.

For safety on a breezy porch, it's best to anchor such a screen to the ceiling. (Screw a hook into the top of one or more panels and insert corresponding hooks in the ceiling. Then connect the two with a few links of chain, a bit of wire, or nylon fishing line.)

Photograph, top: Fred Lyon. Design: Ruth Soforenko
Location: American Cancer Society-ASID Designers Showcase, Palo Alto, Calif.
Photograph, above: Chuck Ashley. Design: Emporium-Capwell Interior Design
Location: Napa Valley Designers Show House. Field editor: Barbara East Cathcart

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Salads with Foreign Flair

Surprise your friends or family with one of these international salads. The conversation-piece recipes featured here illustrate the salad styles of Eastern Europe, the Middle East, and the British Isles. To make each recipe easy to prepare, only ingredients that are readily available in American supermarkets are used.

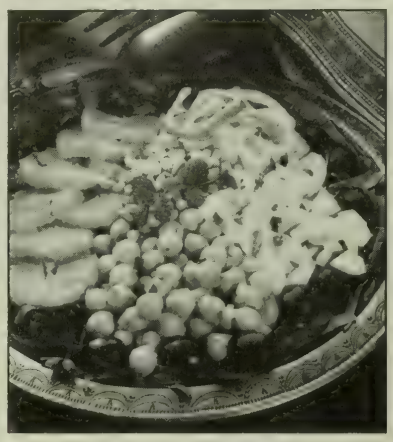


BOHEMIAN SALAD

For lunchtime fare, serve this main-dish salad from Eastern Europe with a savory soup and rolls. Favored vegetables in Europe such as beets and potatoes are included—

- 1 29-ounce can whole new potatoes, drained
- ¾ cup boiled ham cut into julienne strips (4 ounces)
- ½ cup chopped onion
- ½ cup chopped green pepper
- ⅓ cup French dressing
- 1 teaspoon dried basil, crushed
- Lettuce
- ½ cup pickled herring, drained
- 2 tablespoons capers
- 1 16-ounce jar whole beets, drained and halved

Slice potatoes. In a large bowl combine the potatoes, ham, onion, and green pepper. Combine French dressing and basil. Add to potato mixture. Toss to coat well. Cover; chill for several hours or overnight. Turn salad into a lettuce-lined bowl; place herring and capers atop potato mixture. Arrange halved beets around outside edge of salad. Makes 6 servings.



CARAVANSARY SALAD

In the Middle East, the climate, culture, and culinary style link inseparably. Dietary staples include rice, lentils, eggplant, yogurt, and the garbanzo beans featured in this eye-catching salad—

- 10 ounces fresh spinach, shredded (8 cups)
- ½ of a medium red onion, sliced
- 3 medium oranges, peeled and sliced
- ½ of a 15-ounce can garbanzo beans, drained
- 2 hard-cooked eggs, coarsely chopped
- ½ cup whole pitted ripe olives
- ¼ cup pinenuts *or* almonds, toasted
- ⅔ cup olive oil *or* salad oil
- ½ cup lemon juice
- 2 tablespoons snipped fresh mint *or* 2 teaspoons dried mint, crushed
- 2 teaspoons sugar
- 1½ teaspoons ground cumin
- Salt
- Pepper
- Fresh mint leaves

Place spinach on a shallow platter. Halve onion slices. Place the onion, oranges, beans, eggs, olives, and nuts in separate clusters atop bed of spinach. Cover and chill. In a screw-top jar combine oil, lemon juice, mint, sugar, cumin, salt, and pepper to taste. Chill several hours. At serving time, pour some of the dressing over salad. Pass the remaining dressing. Garnish salad with mint leaves. Makes 6 servings.

LEEK SALAD

Traditionally leeks (members of the onion family) are featured in the cuisine of the British Isles, particularly in the areas of Scotland and Wales. You'll find fresh leeks in the produce section of the supermarket—



- 8 medium leeks, sliced ½ inch thick (2½ cups)
- 4 medium tomatoes
- ⅓ cup salad oil *or* olive oil
- ⅓ cup cider vinegar
- 1 tablespoon snipped parsley
- 2 teaspoons sugar
- 1 teaspoon Worcestershire sauce
- ½ teaspoon garlic salt
- ½ teaspoon dried tarragon, crushed
- ⅛ teaspoon pepper
- 1 hard-cooked egg, chopped

In a covered saucepan cook leeks in a small amount of boiling salted water about 5 minutes or till crisp-tender. Drain and cool. Cut tomatoes into 8 wedges. Set aside.

For dressing: In a screw-top jar combine the salad oil, cider vinegar, snipped parsley, sugar, Worcestershire sauce, garlic salt, dried tarragon, and pepper. Cover and shake till well combined. To serve, arrange eight tomato wedges on individual salad plates. Top each tomato with *one-quarter* of the cooked leeks. Pour the dressing over each salad. Cover and chill at least 1 hour. Garnish each serving with some of the chopped hard-cooked egg. Makes 4 servings.

Photographs: Scott Little

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Protect Your Home! Security Systems That Work

Security devices that discourage the amateur thief—dead bolts, window locks, and brightly lit entries—are no challenge to the professionals. A surer way to fend off such intruders before they've stripped your home bare is to install an electronic alarm system.

An electronic security system consists of a *sensor*, a *control box*, and an *alarm*. When the sensor detects vibrations, noise, movement, or body heat, it instantly transmits a signal to a central control box that sounds the alarm. The simplest and least expensive systems consist of a single unit. More complicated types involve components that are wired to each other and installed at strategic points throughout your home.

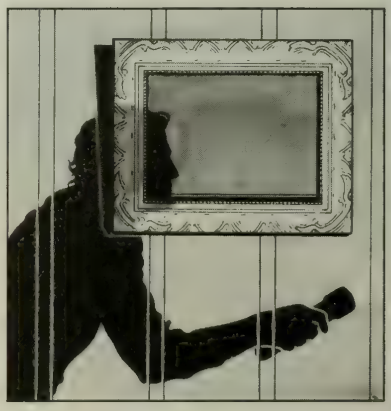
Choosing the right system

A perimeter system uses magnetic sensors to guard your windows, doors, and other points of possible entry. When one of these sensors detects an intruder jimmying his way in, it signals the control box to trigger the alarm. An interior or space-protection system uses devices like photoelectric eyes and pressure mats to guard specific rooms or even areas within a room. (Pressure mats are concealed beneath rugs and wired to the control box. When an intruder steps on the mat, electrical connections embedded in the mat make contact and set off an alarm.) This type is particularly effective for safeguarding valuables or prized possessions.

If you're limited to choosing only one type, your best choice is a perimeter system; an alarm that activates the moment a break-in occurs is likely to scare away the burglars before they've had a chance to look through or grab any of your belongings. But if your home contains items that deserve special security measures, you should consider investing in a system that protects rooms or areas as well as points of possible entry.

Local versus remote alarms

Just as there are two perimeters of protection, there also are two types of alarms, each with its strong points and drawbacks.



Local alarms sound sirens or bells or flash bright lights. Their purpose is to alert neighbors and passersby and anyone who may be in the house when a break-in is occurring, and to scare off the intruder. But this type of alarm may not offer much protection if you live in a remote or secluded area.

Remote alarms make no sound (though they may flash) at the scene. Instead of scaring off the burglar, they transmit a signal or recorded message to a designated party—a friend, relative, or security agency. Your best bet, of course, is a remote system that contacts authorities immediately instead of relying on a middleman.

Comparing prices

Protecting a single entry can cost as little as $50, while a whole-house system with smoke and fire detectors tied to a central station such as police or security agencies will carry a price tag upwards of $2,000. And installation in your present home costs more than wiring new construction.

Can you do it yourself? Only the least expensive devices should be installed by the do-it-yourselfer. For best results, hire a pro to install an electronic whole-house system. Check the Yellow Pages for a list of dealers and consultants in your area.

Illustration: Tom Rosborough





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NABISCO HAS A CHOCOLATE CHIP COOKIE FOR EVERY TASTE.

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Easy Make–No Bake

BERRIES 'n' BITS PUDDING

with Eagle® Brand Sweetened Condensed Milk

Nestlé® Little Bits™ Semi-Sweet Chocolate

and

Nabisco NILLA® Wafers



Berries 'n' Bits Pudding... Delicious, Easy to Make and No baking!

Pour in the Eagle® Brand for the magic that makes delicious desserts easy.

Add delicious Nabisco NILLA® Wafers for that crispy fresh taste.

Layer with Nestlé® Little Bits™ – the perfect way to add rich, creamy Nestlé chocolate to your favorite treats.

Put it all together for a delicious treat your family will love!

BERRIES 'N' BITS PUDDING

Makes 8 to 10 servings

- 1 (14-ounce) can Eagle® Brand Sweetened Condensed Milk (NOT evaporated milk)
- 1½ cups cold water
- 1 (4-serving size) package *instant* vanilla flavor pudding and pie filling mix
- 2 cups (1 pint) whipping or heavy cream, whipped
- 36 Nabisco NILLA® Wafers
- 1 quart fresh strawberries, sliced or halved
- ¾ cup Nestlé® Little Bits™ Semi-Sweet Chocolate
- Additional Little Bits, NILLA Wafers and strawberries, optional

In large bowl, combine Eagle Brand and water. Add pudding mix, beat well. Chill 5 minutes. Fold in whipped cream. Spoon *2 cups* pudding into 3-quart glass serving bowl, top with half of each of the NILLA Wafers, strawberries, Nestlé Little Bits Semi-Sweet Chocolate and remaining pudding. Repeat layering. Garnish with additional Little Bits, NILLA Wafers and strawberries if desired. Chill thoroughly. Refrigerate leftovers.





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Light Delight

Hormel Chunk Chicken and Borden Lite-line® Slices Lighten Up a Tossed Salad



LIGHT SPINACH CHICKEN SALAD

(Makes 3 servings; 225 calories per serving)

6 cups torn fresh spinach
1 (6¾-ounce) can Hormel Chunk Breast of Chicken, drained
2 medium oranges, peeled and sectioned
¾ cup sliced fresh mushrooms
1 small red onion, sliced and separated into rings
4 slices Lite-line® Process Cheese Product,* any flavor, cut into strips

In large bowl, combine all ingredients except cheese product; chill. Just before serving, add cheese product and toss with your favorite low calorie dressing.

* *"½ the calories"—8% milkfat version*

Caloric values by product analyses and recipe calculation.



WHERE THERE'S SMOKE, THERE'S FLAVOR.

Introducing Old Smokehouse™ the new hickory smoked barbecue sauce from Hormel.

Old Smokehouse is sooo thick and rich, it'll stick to your ribs. Savor Old Smokehouse™ on chicken, burgers, chops—

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Old package.



New package.



Now in your grocer's refrigerated section.

BORDEN®

The taste of fresh lemon juice is taking a great new shape. Because now, there's ReaLemon 100% Pure Lemon Juice from Concentrate. It's refrigerated right from the start, so it tastes just as good as the juice you used to squeeze from lemons. Fresh and natural.

Now in your grocer's refrigerated section.

THE 70 CALORIE SHAKE THAT TASTES LIKE A MILLION





Alba '77 Fit 'n Frosty shakes are so delicious, so sweet, so satisfying, it's hard to believe a big, 12-ounce serving has just 70 calories. Even better, it provides all the calcium of a 5-ounce glass of milk.

Heinz

What's even better than that, it's now 25¢ off!

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SAVE 12¢ on any bag of delicious Brach's candy.

BRACH'S

Bring your dull no-wax floor out of the dark.



Turn on a Brite shine

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Now Improved!

"Love My Carpet"

RUG AND ROOM DEODORIZER

Now Contains Actalid

- Eliminates the toughest odors better than ever before.
- Available in a choice of scents.

SAVE 35¢ NOW.

EXPIRES OCTOBER 31, 1985

New, Improved Love My Carpet® is now more effective than ever at eliminating the toughest odors like pet, cooking, smoking, even damp, musty odors. That's because Love My Carpet now contains Actalid, a proven malodor counteractant. Love My Carpet is available in 4 great scents and leaves your room smelling fresh and clean.

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Thrive gives your cat all the energy and nutrition he needs to play his best.

Helping pets live longer, healthier lives™

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ily, trims on 2 sides. Deep
inel deck "vacuums,"
llects clippings in easy
off bag. 3½-hp Briggs
tratton engine has elec-
nic ignition, all-weather
buretor. Fully
embled. 81C **199.88**

Sunbeam® Master Chef dual burner gas grill has 401 sq. in. cooking area including warming rack. Lite-A-Matic ignitor, redwood shelves and rust-proof porcelain grids. 30,000 BTU. 3175T. **169.99**
Cordless rotisserie. 0281 . . . . . **19.99**

TRUE TEMPER®
Swoe.™ New cultivator with uniquely designed head digs furrows, aerates soil, cuts weeds. Long handle makes gardening easy. SW5 **7.99**

Green Thumb™ 60' Vinyl Hose is tire-cord reinforced for lasting flexibility, strength in all weather. Has solid brass couplings, ⅝" I.D. 156299 **9.99**



Kwikset® Brass Locksets. New adjustable deadlatch fits 2⅜" or 2¾" backsets. Keyed-alike, Bel Air design. Price shown reflects 50% off 2nd lock. 893AL3CP **17.99**





TRU-TEST

Tru-Test® Select Interior Latex Paint. All-purpose, vinyl-acrylic latex flat wall finish goes on smooth! High-hiding finish is washable, cleanup is soap and water easy. Dries in 30 minutes. Gallon. **7.98**

TEAR OUT AND SAVE THIS 8-PAGE SHOPPER

Regina® 2-Motor Electrikbroom® combines heavy-duty suction with a motorized beater brush. Features automatic floor/carpet adjustment. SH86710 **64.99** less $5 mfr.'s rebate.

64.99
– 5.00 rebate
59.99 final cost





Hoover® 2-Motor Celebrity™ IV. 14-qt. cap., 3.4-hp, steel canister, power nozzle, Quadraflex™ agitator, edge cleaning tool set. S3233 **199.95**

19.99
– 5.00 rebate
14.99 final cost



Norelco® Clean-Up Machine is cordless, rechargeable. Has special handle design for improved control. HV1005 **19.99** less $5 manufacturer's rebate.



Rival® Cutabove™ Can Opener is fully automatic, fits under cabinet to save space! Bottle opener, removable cutting assembly. 7500IV **17.99**

True Value HARDWARE STORES®

WELCOME

There are more than 6,000 True Value Hardware



Corning® Dinnerware and Cookware is oven, microwave and dishwasher safe! Corelle® 20-pc. Set includes 4 each: dinner & salad plates, bowls, cups, saucers. Choose Solitary, Floral Spray, Oriental Wood or Colonial Mist™ designs. 20-25/26/27/95 Ea. . . **24.99** 5-pc. Quintet Set includes 1½-qt. casserole with plastic cover and big 3-qt. casserole with both glass and plastic covers! A123 . . . . **14.99**





Imperial International® 25-pc. Stainless Steel Tableware Set includes service for 4. Elegant, detailed Parisienne. 25PR . . . . . **14.88** Delicate Flower Dance pattern. 25FD . . . **10.88**

Corning® 3-pc. Visions® Cookset has 1½-pt. and covered 1½-qt. pans. Glass/ceramic for both microwave, range-top use. V116 **14.99** Pyrex® 3-qt. Casserole with cozy. 4856-100 **9.88**



Mr. Coffee™ 10-Cup Brewer with patented ultronic brewing system for perfect coffee in minutes! Auto. switch controls brew time & water temperature. US1 **24.99** less $5 mfr.'s rebate.

G.E.® Slimline Toast-R-Oven™ features continuous cleaning. Has cool-touch outside wall, cake bake switch, defrost setting and 6-slice toast capacity. T660 **74.99**





Sharp® Carousel II Ovens. A Convection microwave offers 4-way cooking, auto. setting. R8350 . . . . . **579.99** B Microwave has variable cook control, 25 min. dial timer, auto. shutoff, roomy 1.0 cu. ft. capacity. R4650 . . . **279.99** C **Foremost® Microwave Cart** in oak finish has tambour door, 2 shelves, casters. 24¼ x 19¼ x 30½". 612-0 **39.99** D **Nordic Ware® Micro-Go-Round®** eliminates hot and cold spots in microwave cooking! 62304R . . . **28.88**



Mirro® 6-qt. Pressure Cooker features Control 19™ handle for improved leverage, grip and control when lifting. M1956 . . . . **29.99** 13x9x3½" cake pan with cover. M0980 . . . **4.99**

Pfaltzgraff® 20-pc. Dinnerware for 4. High-fired stoneware is as practical as it is attractive! All pieces are microwave, oven, dishwasher safe. 07-035 **38.88**



Westclox® Alarm Clocks. Tel-Star Dialite Electric features lighted white dial. 22200 . . . . **6.99** Chipper Keywind has easy-to-read full numeral dial. 15225 . **9.99**



Spartus® Quartz Clocks. Morningstar cordless alarm has luminous hands. 1803C1 . . . . **8.88** Gingham Wall Clock has crystal covered dial, 8¼" dia. 5411-41 **9.99**



Harvard Cutlery® 2-pc. Gift Set includes 3" boning/paring & 6" utility knives of hi-carbon, stain free steel with handsome solid walnut handles. 640 **9.95**



Eureka® Ultra Upright Vacuum with powerful 5-amp hi-performance motor, auto. adjust to any carpet, brushed edge & corner cleaner, headlight and 20' cord. 7520 **119.95**

HOME SAVINGS

Stores in 50 states. Look under "Hardware" in the Yellow Pages. Prices good thru June 8.



Hamilton Beach® 14-Spd. Blender has 40-oz. glass jar, removable blades. 632AL **21.99** Food Processor offers hi/low 2-position speed control. 702AL **39.99** less $7 factory rebate.

West Bend® Cordless Iron heats on power base, has SilverStone® soleplate. 6008 . **39.99** 5¼-qt. Electric Wok of even-heating aluminum has nonstick SilverStone® interior. 5109 . **29.99**



Anchor Hocking® Ovenware & Glassware. Microware® goes from freezer to oven! Choose baking sheet, bacon rack, versatility pan or bake ring. PM444/446/481/459-T1 Ea. **3.99** 9-pc. Party Set helps you set a lovely table. Includes 14½" serving tray plus 4 each: 9" snack plate, 5½-oz. wine glass. 1300/47 . **19.99** Your choice of elegant 4-packs: 5½-oz. wine or 11½-oz. water. 1300/40/1 Each set . . . **6.99**



Libbey® Glassware for a crisp, creative look. Textured glasses have 8 sculptured panels. Choose 4-pack of 12-oz. beverage or 16-oz. cooler. 2446/5D Each set, **3.99**

Rubbermaid® Servin' Saver™ Containers offer tight, center-press seals to keep food fresh! 4, 6, 12-cup bowl set or 2, 5, 10-cup square. 8093/73 Each set, **3.98**



Cosco® Foldables. High Chair has vinyl seat, molded tray & footrest, safety lock. 341PL **24.99** Step Stool/Chair features padded vinyl seat and back, safety-tread step. 11-920 . . . . **22.99**

Comfort Lines® Furniture. Choose deluxe vinyl upholstered stackable chair with tubular steel frame or slimfold step stool with nonskid treads, feet. 2456B/4444A Each, **16.99**



Martens® "La Table" features 24x18" butcher block surface for chopping, protective knife holder, 2 shelves and casters. Perfect for microwave or TV! 1020C **79.95**

Lady Seymour® Ironing Table has infinite height adjust and T-leg design. 43-011-11 . **11.88** Shopping Cart with 12½x14¾x20" wire basket & big 9½" wheels folds to store! 46-803-90 **15.99**



Samsonite® 5-pc. Folding Bridge Set has baked-on enamel steel frames and easy-to-clean vinyl upholstery. Includes 34" square table and 4 chairs. 8401-01-19 **79.99**

Quaker® 5-pc. Tray Set has 4 tables with 21x15" parquet-pattern trays, gold-tone legs & galleries. Fourth table also serves as hostess cart on casters! SD5-31-351 **19.99**



Empire® Sup'r Brute™ Broom features wooden handle with self-locking, tight-fitting metal tip. 18" Palmyra. 25-2611 . . . . . **7.99**
18" Masterblend. 60-2615 . . . **9.99**



Contico® Town & Country Mail Box of rugged, all-weather polyethylene won't rust! 5-yr. warranty. 7¾"W x 10½"H x 20½"L. MB600 **15.99**



Ilco® Locks. Key lock prevents opening of window. 203-03-51KA5 **3.44** Jimmyproof deadlock has turn knob inside, key outside. 530-53-51 . **9.44** 2-cylinder deadlock. 535-53-51 **12.44**



Master® Twin-Pack Padlocks have stainless steel case, strong double-wall construction, 3-number dialing. Same combination opens both! 1500T **4.99**

SPRING INTO

Just say "charge it" at participating True Value Hardware Stores and



Almet® Lawn Furniture is as elegant as it is durable! 40" Werzalit Umbrella Table with linen-look design top is weather-resistant, has heavy-gauge 1¼" steel legs. 3940-002 . . . . **49.99**
7½' 8-Rib Crank Umbrella features extra long valance, vinyl construction. Vanilla with earthtone stripes. 9380-091 . . . **59.99**
Matching all-weather vinyl cushion strap chair. 331-026 . **29.99**
(Not shown) Umbrella base. 930 **9.99** Table cover. 936-002 **12.99**

UNR® Grills. 18½" porcelain-clad steel kettle. HCE1811 . **38.88**
Happy Cooker® gas grill is self-cleaning! Has push-button ignitor, rustproof porcelain cart & cooking grid. SCC351 . **199.99**



Sunbeam® Patio Quartz Clock is cordless & weather-resistant! 9" dia., sweep second hand and big black on white numerals for long range visibility. 8034 **16.88**

Flintrol® Electric Bug Killer uses standard household current, can be hung or pole mounted. UL listed. 20W ½-acre model. XL45 . **29.99** 40W acre. XL200 **69.99** 80W 1½-acre. XL202 **89.99**



20" 3-speed Box Fan features unique computer-designed blades for high velocity airflow! Has lifetime lubricated bearings and epoxy-coated motor. **22.99**

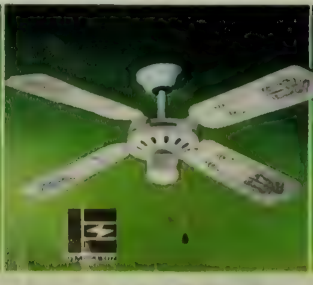
Crosley® 12" Oscillating Fan offers 3-speed push button control, 90° rotation and energy-efficient, permanently lubricated motor. Perfect for desk or table! **22.88**



True Value® 32-gal. Mobile Trash Can of heavy-duty, all weatherproof plastic has built-in [illegible] tight-fitting high-dome cover. 73281V **9.99**



National® Gate Hardware. 7" black ornamental "T" hinge with mounting hardware. V849 Pr. **6.88** Black steel thumb latch for use on doors up to 3" thick. V27 . . . . **6.49**



Emerson® 3-Spd. Ceiling Fans. 42" fan with reversible blades. Brown or white. F740/W. . . **49.99** 52" reversible fan in antique or polished brass. CF752AB/PB . . . **79.95**



Patton® Fans save you money! 14" air circulator cools 2 rooms. 3-speed, 6000 CFM. U2-1479 **49.95**
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Tru-Tuff® Trash Bags of tough plastic resist tears & punctures! 15-pack of 33-gal. or 7-bu., or 20-pack of 30 gal. size. 6TLH15L/6LLH15L/6TB20L Each, **3.49**



Soundesign® AC/DC Radio plays AM/FM broadcasts plus TV sound & weather! Has 4" speaker, built-in frequency control, earphone jack. 2444 **25.88**



G.E.® Smoke Alarm blasts an 85-decibel warning at first sign of smoke! Has total system test button and low-battery signal. Battery included. SMK6 **9.99**



K-V® Decorative Wall Shelving. 4' brass standard. 80BR. **3.88** 8" satin brass bracket. 180BR. **1.44** 8 x 24" simulated pecan shelf. 1981SWP. . . . **2.99** 8 x 36". . . **4.29**

SAVINGS AT True Value HARDWARE STORES®

Home Centers. Special prices expire June 8.



Master Plumber™ Energy-Saver® Water Heaters feature extra-high-density Overcoat™ foam insulation, thermoglass liner and unique flue baffle for fast heat transfer and high heat retention. Innovative heat traps in both hot and cold water lines reduce heat loss as much as 12%, save energy and money! Your choice, 40-gal. natural gas or 50-gal. electric. 5-year limited warranty. Check out our low prices!



Master Plumber™ Faucets are constructed of solid brass with heavy chrome plating. Easy to install, too! 2-handle centerset bath model has 4" housing, comes complete with renewable seats and washers. 90-110 **14.95** Bath faucet with spray. 90-115 . . **22.95** 2-handle kitchen deck faucet has brass aerator and spout, 8" housing. Installation is easy! 90-310 . . . . **17.95** Kitchen faucet w/spray. 90-315 . **24.95**



G.E.® Carry-Cool® Portable Room Air Conditioner is a cool way to save energy and money! Easy-mount, 4000 BTU model features 2 cooling/fan speeds plus a 10-position thermostat with energy saving range. Has convenient built-in carrying handle and concealed control panel. AT604F **199.95**

Crosley® Dehumidifier with auto. humidistat control removes up to 37 pints of moisture daily! Unique anti-frost sensor prevents ice buildup on evaporator coil, auto. shut-off prevents overflow. Handsome walnut wood-grain steel cabinet has 4 casters for easy mobility. CD37D7 **249.95**



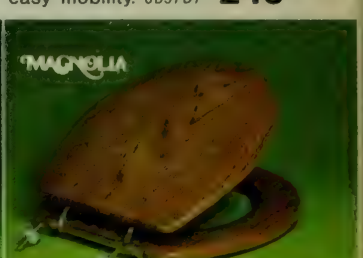
Master Plumber™ Bath Accents. Tissue holder **7.99** Robe hook or soap holder, ea. **3.49** Grab bar **14.95** Towel Ring **7.99** 18" towel bar **6.49** 24" bar **7.99**



True Value® ½-hp Disposer features continuous feed, quiet operation, stainless steel grind chamber and shredder. Easy to install! TV105 **129.99**



Mayfair® Soft Toilet Seat combines foam-cushioned comfort with popular decorator colors for a snappy look! Top-mount hinges install easily. 13D **12.95**



Magnolia® Oak-Finish Seat with moisture-resistant, hand-rubbed wood grain finish & solid brass hinge is a handsome bathroom addition. M160 **19.95**



Tru-Test® X-O Rust® stops rust on old metal, prevents it from forming on new! Seals out moisture, adds long-lasting beauty. 16-oz. spray. . . **2.78** Qt. . . . **4.98**



Wagner® Power Painter® 1/3-hp airless sprayer is designed to handle houses, farms, all the big jobs! No bulky compressor needed. W500 **399.99**



Red Devil® Onetime™ Spackling won't shrink, crack. Qt. 0544 **2.77** Tough polypropylene paint scrapers. 3". 3170 **3.99** 1½". 3140 **1.99** Lifetime II™ caulk. 0856/66 Ea. **1.88**

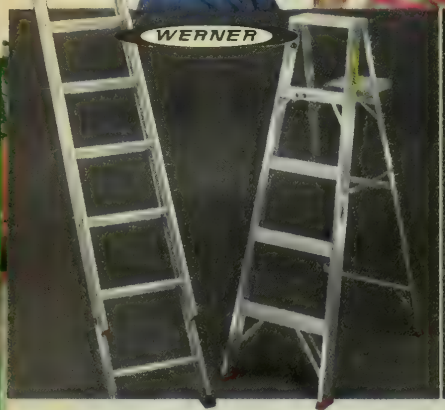


Tuck® Masking Tape. Stock up now on 60-yard rolls for dozens of home, hobby and craft needs. Ideal for use with all types of paints! 2" wide. 1224 **1.29** ¾" wide. 1221 **49¢**



IT'S SPRUCE

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True Value HARDWARE STORES®

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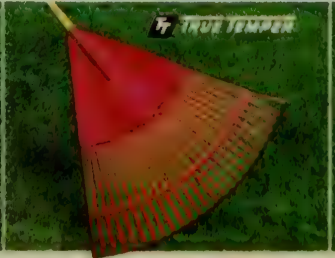
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Heavy-duty edger cuts ¾" trench has 8" blade, guard. 8224 . . **72.88**



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8-PAGE TEAR OUT

Great Shape-Ups



FOR PROBLEM KITCHENS

NEW LOOKS, NEW CONVENIENCE

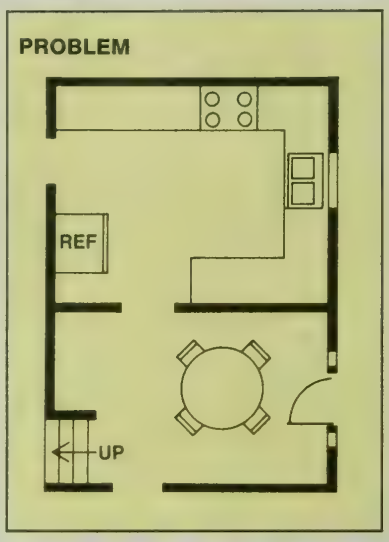
By William L. Nolan

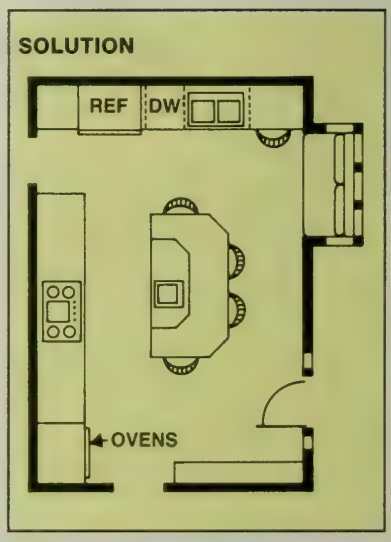
The perfect kitchen "knows" your every move and works like an extension of yourself. It puts you in control and surrounds you with a wonderful sense of order. If you've inherited a problem kitchen, whip it into shape with a clever new design scheme. Here are three great kitchen shape-ups that banish vexing drawbacks like jumbled cupboards, poorly lighted work areas, and mealtime traffic jams.

Great Shape-Ups

Open Up for Light and View

This spacious kitchen was once two rooms: a long, narrow breakfast area and a small, cramped kitchen. The kitchen lacked direct access to the patio and contained barely enough space for one cook, let alone helpers or kibitzers. And traffic lanes through the breakfast area left little space to gather around the table. Combined, the two areas yielded enough square footage for separate cooking and cleanup centers, a split-level island, and a cozy sitting nook.







SITTING NOOK

A deep bay window adjoins the planning desk in one corner of the room. The bay replaces a small window that provided the only natural light and ventilation in the original kitchen. Wide-angle views of the garden through the charming small-paned windows can be enjoyed from any point in the room, and the cushioned window seat offers a comfy spot to take a coffee break or chat with family and friends. The window seat is a happy compromise; the family originally wanted space for a sofa in one corner of the room. The broad ledge behind the window seat and space in the upper part of the bay offer sunny refuges for potted plants and the family parakeet. Sturdy white canvas covers on the seat cushions stand up well to daily use and can be removed for washing.



CLEANUP CENTER AND EATING AREA

Most of the original kitchen space now houses the cleanup center and the eating area. A built-in dishwasher nestles between the double sink and the refrigerator on the far wall, just a step away from the split-level island. The raised portion of the island contains a single-bowl sink that eases bottlenecks during mealtime rush hours. Between meals, part of the countertop near the double sink becomes a planning desk; beneath the countertop is a kneehole niche for drawing up a chair, and above are open shelves for cookbooks and notepads. The rest of the island extends on three sides, forming a spacious tabletop. The corners are angled for safety and the top itself is surfaced with gray ceramic tile to match the countertops and backsplashes.

COOKING CENTER

One side of the L-shaped work area harbors the cooking center. Roomy work surfaces and a wealth of storage surround the built-in cooktop. At the far end of the counter are a conventional oven and a combination microwave/convection oven. The niche for the ovens originally housed a short flight of steps leading to the second floor. Glass doors and a cream-colored enamel finish on the upper cabinets contrast with the gray tile work surface and oak fronts on the base cabinets.

BONUS STORAGE SPACE

An extra row of oak cupboards 16½ inches deep lines the inside wall opposite one end of the island. The cupboards store dinnerware and kitchen items that are used infrequently. Matching oak sheathes the dropped ceiling over the island. This end of the room was once part of the narrow breakfast room. A glass-paneled door on the outside wall opens to the patio.

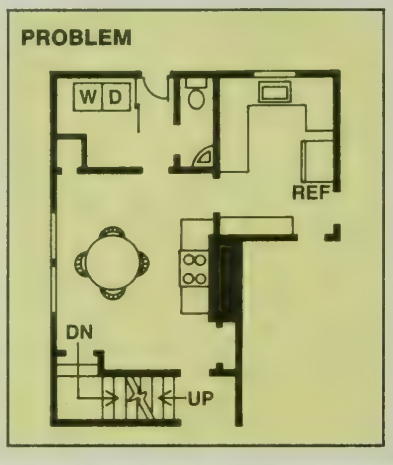


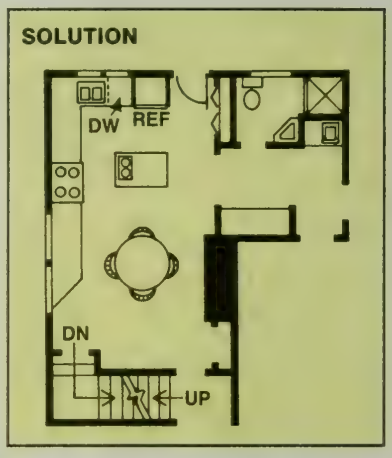
Photographs: Hopkins Associates. Architect: George Haecker, AIA. Builder: Crestridge Construction Co. Field editor: Maxine Schweiker

Great Shape-Ups

Consolidate the Work Core

"Inconvenient" hardly describes this kitchen before it was remodeled. Originally the stove was in one room, the sink and refrigerator in another, and the eating area in still another. Moving the table into the largest room eased the traffic problem, but to eliminate marathon trips altogether, the homeowners tore out walls and redefined the spaces, creating a handy family kitchen.







WORK/EATING AREAS

The work area and eating area now share one large room measuring 13×18 feet. Between them, a center island offers extra work space plus ample storage for small appliances. The island countertop extends 2 inches on all sides for easy cleanup, and one corner is fitted with a built-in grill (beneath the chopping-block cover). Electric outlets at each end of the island allow two cooks to work at once. Twin windows above the sink capture morning light and views of the garden.

The box beam above the work area replaces one of the original walls; a matching beam (nonstructural) embellishes the ceiling above the eating area. Period-style fixtures over the table and the island supplement recessed lighting above the windows.

SERVING COUNTER

Careful organization of the overall plan netted several bonus features that simplify table-setting, serving, and cleanup operations when the owners entertain. These include a fully equipped wet bar (not shown) and a 1980s-style butler's pantry. The pantry adjoins the dining room just a step or two from the island work center (visible here in the background), making it a natural staging area for buffet and sit-down dinners. A large bank of cabinets above and below the broad countertop stores china, crystal, and silver. Hardwood flooring, deep cornice moldings, and a restrained color scheme blend the sleek new kitchen with the vintage style of the house.

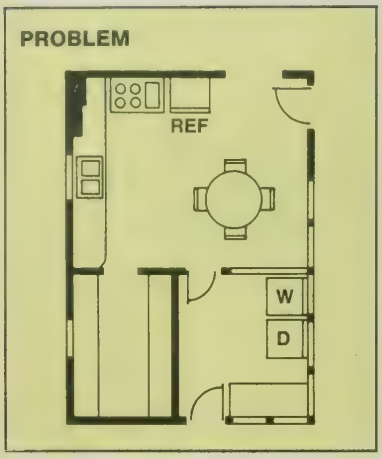
Photographs: Ernest Braun. Architect: Harley E. Jensen, AIA
Field editor: Barbara Cathcart

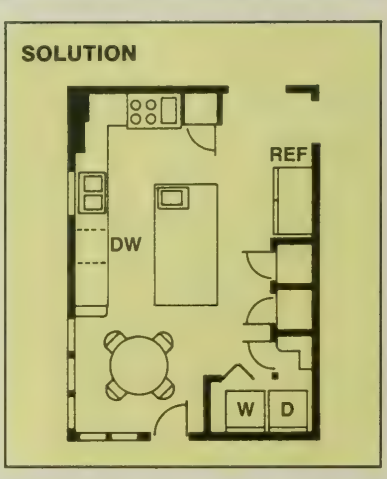




Great Shape-Ups

Put Wasted Space to Work





Skimpy work space and a chopped-up floor plan were the main drawbacks that prompted this kitchen redo. When the homeowners added a family room on the back of the house, they included a redesigned kitchen in their remodeling scheme. The laundry room and pantry became compact cubicles lining the new inside wall next to the family room.

EATING AREA

Wide windows on two sides convert the eating area into a sun-drenched retreat overlooking the garden. The windows were salvaged from the old laundry, which occupied the space directly to the left of the table. Trim above the windows and the back door circles the room as a decorative band—an architectural detail repeated in other rooms in the house.

WORK AREA

A new center island expands the work area. Original cupboards along the outside wall were restyled to match the island and fitted with a butcher-block countertop. Beyond the island, adjustable shelving stores cookware, and slotted bins organize trays and shallow pans. Oak flooring, new lighting, and a sunny yellow-and-white color scheme complete the picture.

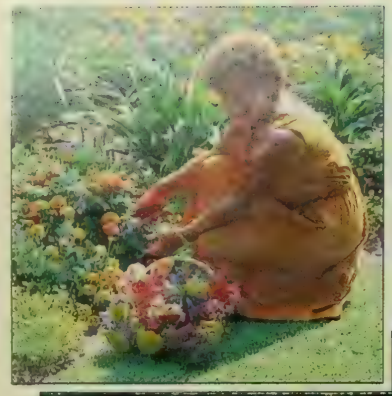


Photographs: Jordan Miller. Design: Jim Hull. Field editor: Pauline Graves. Illustration: Carson Ode



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PLANTING FOR NONSTOP COLOR

Tips from Alice's Garden

By Douglas A. Jimerson



The Spring Border

Tips from Alice's Garden

"I strive for the natural look, as if you were out walking through a meadow, with splashes of color here and there but nothing rigidly structured. I've varied things in my garden over the years because that's what makes life interesting. But, my style of gardening has never changed."

If you've ever dreamed of having a garden that blooms nonstop through the seasons, join us for a tour of the beautiful San Diego garden of Alice Menard (*top*). You'll find out how you can mix annuals, perennials, bulbs, and roses together for a summer's worth of color.

Alice's garden is breathtaking anytime you visit, but it's especially vibrant in the springtime (*above*). That's when early blooming perennials and bulbs like candytuft, sporaxis, bearded iris, Iceland poppy, oxalis, viola, coreopsis, Dutch iris, and ranunculus come into bloom. Early-season annuals figure in the spring garden, too. They provide continuity because of their long blooming periods while the perennials go in and out of flower.

Photographs: Rick Taylor



The Summer Border

To ensure a colorful transition from spring to summer, Alice removes all of the cool-season annuals in April, while the spring perennials are still in flower. "It's often a difficult decision to pull a spring annual when it is still blooming, but I can't wait too long or I won't have summer color," says Alice.

She replaces the early-blooming annuals generously with warm-season annuals that will be in full bloom when the spring perennials die back. Summer annuals include zinnia, marigold, alyssum, lobelia, ageratum, dianthus, and salvia. Summer-blooming perennials and bulbs are coreopsis, yarrow, blue salvia, shasta daisy, montbretia, daylily, and phlox.

The brilliant, crepe paperlike flowers of ranunculus (*top right*) light up Alice's garden from March till June. Then, when the blooms fade, Alice digs the bulbs and stores them for another season. Ranunculus are not winter hardy in the North.

Photographs: Rick Taylor

Tips from Alice's Garden

"Annual flowers can be divided into two groups: cool season and warm season. Neither type is frost resistant, but the cool-season species do grow better in the early spring. In northern gardens you'll have to start the seeds indoors and transplant the seedlings into the garden early."



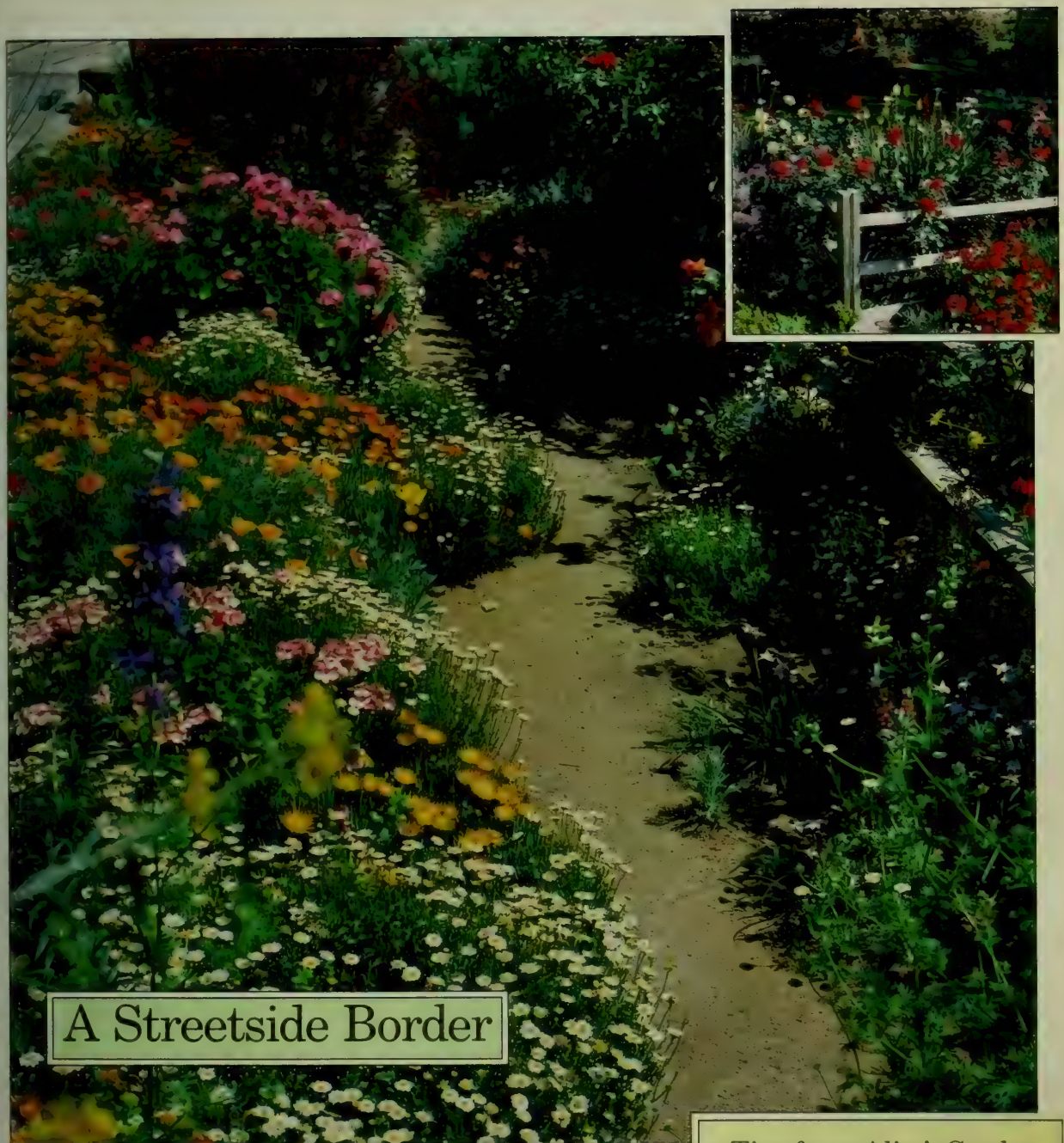
Lath House For Shade Plants

Tips from Alice's Garden

"You need to have a dominant color palette in a garden like this. My colors are the sun colors—oranges, golds, and yellows. Of course I do use all colors in my garden, but I plan it so the sun colors dominate. There is no lavender because I don't like it, and I use lots and lots of white for contrast."

Alice doesn't know how many different kinds of flowering plants she has in her garden. "I've never really counted them all," she says, "but I'd estimate that there are between 150 and 200 different species." Surprisingly, however, the garden isn't as time-consuming as it looks. "At peak times of the year I may spend 20 hours a week in the garden, but that includes watering and caring for my hanging baskets. Most often I spend a lot less time in the garden than people think. I mainly just putter around and do some clipping," says Alice.

Many of Alice's favorite shade-loving plants wouldn't stand a chance if they were planted in her bright, exposed borders. So, she built a small lath shelter (*above*) on the east side of her home to protect these delicate jewels. Pansy, azalea, amaryllis, aspidistra, English daisy, forget-me-not, primrose, impatiens, begonia, cyclamen, azalea, browallia, and three different kinds of fern grow in abundance.



A Streetside Border

Alice's streetside border (*above*) of drought-resistant flowers is spectacular enough to cheer up even the grumpiest motorist. And, because these plants prefer dry soil, Alice doesn't have to water the area all the time. "I do hand-water the border occasionally, but these plants need little care," she says. Plants grown here include California poppy, statice, ice plant, portulaca, amaryllis, Spanish broom, lavender, larkspur, geranium, wild penstemon, and daisy.

Roses play a vital role in Alice's garden plan because they're almost always in bloom. Some of the bushes are planted right in the border (*inset*) to help bolster the spring-till-fall color show while others thrive in a nearby rose garden. Alice uses a bark mulch to keep the soil around her roses moist. Olé, a fiery red grandiflora, is just one of the 153 types of roses Alice grows. Here, it blooms alongside cranesbill geranium, sedum, snapdragon, lily, iris, statice, and delphinium.

Tips from Alice's Garden

"Generally if you have a healthy garden, you don't have a problem with pests. I do spray the roses for rust and mildew sometimes, but those are the only chemicals I use. Proper care and maintenance means a healthy garden that doesn't need a lot of attention or chemical pesticides."

SIMPLY BEAUTIFUL!

UNCLUTTERED LOOKS FOR ANY ROOM

By Shirley Van Zante and Denise L. Caringer

Natural materials, warm tones, and pared-down simplicity—that's the stuff of summer houses, getaway cabins, and fresh springtime looks for *any* home, *any*where, *any* time. Light woods, unassuming fabrics, and uncluttered airiness add up to rooms that are serene, livable, and—best of all—easy to create.



APPEALING TEXTURES

Inspired by the earthy colors and rough terrain of the New Mexican landscape, this sitting room (*above*) gains punch from a mix of natural textures and tones. The coarseness of a packing-crate table and nubby rug contrasts with slick glass, smooth plaster, and glistening quarry tile.

Photograph: Bill Hopkins, Hopkins Associates. Design: Robert Etz, ASID. Field editor: Carolyn Fleig

SERENE SETTINGS

Echoing the fluid arcs of the windows, these willow seating pieces combine backwoods character with curvilinear grace (*right*). When you want to play up the eye-appealing lines of special furnishings, opt for a restrained backdrop of pattern-free walls and untreated windows. Plain cushions and a down-home rag rug enhance the simplicity.

Photograph: Fred Lyon. Design: Sharon Sawyer. Field editor: Barbara Cathcart



SIMPLY BEAUTIFUL!

Fuss-free furnishings, down-to-earth colors, and natural materials add up to beautifully simple rooms that are just made for carefree living.



'WOODY' WARMTH

Without the cost of pine paneling, 1×12-inch pine slats and melon-hued paint envelop this room with warmth (*above*). Pastel accents and casual canvas shades lend brightness and up-to-date style.

Photograph: Ross Chapple
Design: Sharon Kirkley
Field editor: Eileen A. Deymier





HOMESPUN ACCENTS

Showcased against white and anchored by a dark wood floor, a delightful settee and painting turn a windowless wall into a summery focal point (*left*). A countrified tablecloth and painted ladder-back chairs reinforce the room's homespun flavor.

Photograph: Toshi Yoshimi. Design: Patricia McNamara
Field editor: Pauline Graves



UNCLUTTERED CHARM

As inviting as its view, this dining spot (*above*) combines country charm with uncluttered sophistication. The setting emphasizes the beauty of the primitive chairs and armoire. The table actually consists of new butcher block installed over an old sewing-machine base.

Photograph: Fred Lyon. Design: Barbara Colson
Field editor: Helen Heitkamp

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SIMPLY BEAUTIFUL!

What you leave out has as much to do with good decorating as what you put in. Simple, unassuming rooms are relaxing, inviting—and never out of style.



SUMMER WHITES

This mellow master bedroom (*above*) has all the appeal of a summer cottage. Restful and unpretentious, the room gains its airiness from plain white walls and its romance from starchy, old-fashioned linens. Pine accents and soft tan carpet add golden warmth.

Photograph: Fred Lyon. Design: Susan Erickson, Homeworks. Field editor: Helen Heitkamp





UNASSUMING FABRICS

Replace fussy fabrics with soft, sandy neutrals, and even a city bedroom becomes a breezy getaway (*left*). Easy-going roll-up shades are essential to this room's casual, away-from-it-all look.

Shade how-to begins on page 179.

Photograph: Fred Lyon. Design: Ilene Sanford and David Michel. Field editor: Barbara Cathcart



EARTHY NEUTRALS

Soothe yourself with down-to-earth colors and materials (*above*). Contrasted with white, this mix of mellow woods, wheat-hued baskets, and terra-cotta colors is crisp, yet relaxing. Add one more indulgence—a glowing fireplace—and you may never leave home again.

Photograph: Bill Hopkins, Hopkins Associates
Design: Robert Etz, ASID. Field editor: Carolyn Fleig

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STEP-BY-STEP

BUILD A GARDENER'S DREAM

POTTING BENCH

By C. Michael Stowers

Build this sturdy potting bench and stand up to those messy potting chores. Tilted trash cans keep soil components separate and handy—you just sweep trimmings down a work-top hatch for easy cleanup.



This bench is super easy to build. You can make it in an afternoon. The only tools you need are a circular saw, handsaw, wood rasp, drill, hammer, and a wrench. Materials run about $175.

MATERIALS

- A (1) front stretcher 1½" × 9¼" × 8'8½" fir
- B (2) side stretcher 1½" × 9¼" × 2' fir
- C (2) front/rear rails 1½" × 3½" × 8'11½" fir
- D (2) leg 1½" × 3½" × 36½" fir
- E (5) leg ½" × 3½" × 33" fir
- F (3) end rails 1½" × 3½" × 27" fir
- G (4) cleat 1½" × 1½" × 22½" fir
- H (1) top ¾" × 30" × 80¼" outdoor plywood
- I (1) top ¾" × 27¼" × 30" outdoor plywood
- J (4) cleats ¼" × 1¼" × 4" pine lattice

CUT LEG NOTCHES



PLUNGE-CUT
the inner side of the notch with a circular saw.



SQUARE UP
and finish plunge cuts with a handsaw.



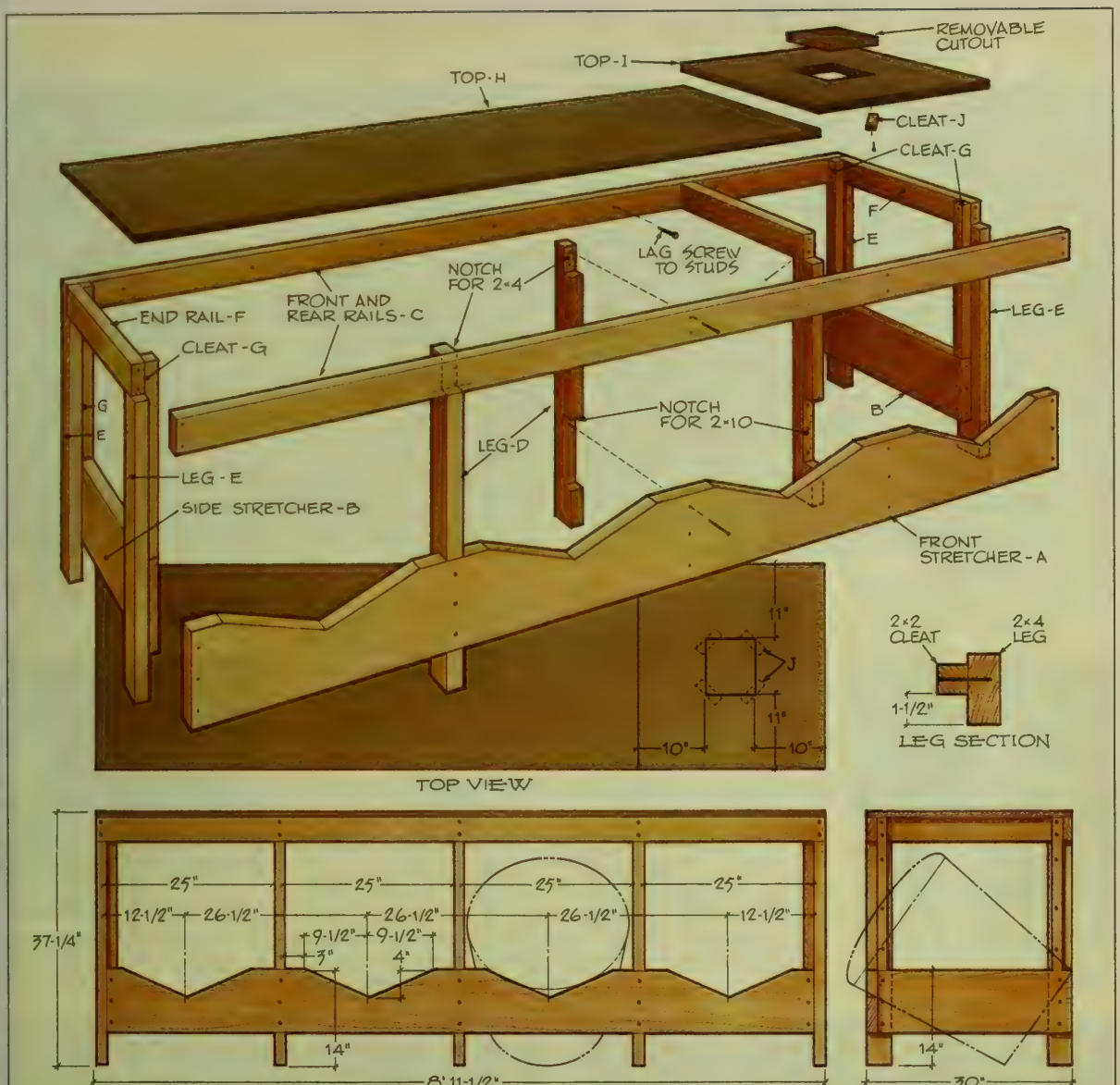
RASP OUT
stubble for final trimming of the leg's lower notches.

Cut notches in front center legs with a circular saw plunge cut. Set the blade depth to about 2 inches. Clamp the 2×10 firmly so it can't move. Hold saw above the inside mark and angled downward so the shoe front rests on the workpiece. Push the guard lever down to expose the blade and pull the trigger for power.

Allow the weight of the saw to gently bring the blade to the mark and begin cutting. Rock the saw into the wood until the shoe comes to rest flat against the workpiece. Then release the guard lever and back the saw up until the blade touches the back mark. Next run it forward until it touches the front mark. Release the trigger and hold the saw firmly in place until the blade stops turning.

Insert a handsaw and square up these cuts. Then cut in from the outside with the handsaw.

Trim up your notches with a wood rasp. In the 2 left-center legs, cut the top front rail notches with a handsaw. The right-center leg has no notch.



CUT STRETCHER V NOTCHES



START V CUTS
with a circular saw, cutting in from each side.

Cut V notches in the front stretcher. Clamp the 2x10 firmly in place. Place the shoe on the workpiece and move the saw up until the blade touches the mark. If the guard prevents the blade from touching the mark, push the guard lever down until the blade is about 4 inches into the cut.

Square the cut on each side with your handsaw to complete the notch. Trim with a rasp.



FINISH CUT
with a handsaw, and then trim with a rasp.

DESIGN

This bench has ordinary notches you cut with a saw. The extended 2×2 cleats on the end legs also form a kind of notch that holds the top frame in place at the corners.

STEP-BY-STEP

GLUE AND NAIL THE LEG PARTS



MARK OUT position of 2×2 cleats on the two front-end legs.



RUN A BEAD of glue along all surfaces to be joined.

Make the leg assemblies. Mark out the position of the front corner leg cleats. Use the cleat itself or the edge of a 2×4 for your rule. Glue and nail the cleats to corner legs.

Then lay out the front legs and check for proper position of cleats and notches. You need a right and a left leg, so check your layout with the one in the photo.

Nail cleats to the back corner legs, and then attach the side stretchers to these legs. Use a framing square to square up the stretcher with the leg.

Bore pilot holes for the nails in the front stretcher. This helps prevent splitting in the 2×10. Then glue and nail the front stretcher to the front legs. This part fits in notches in the 3 center legs, but it abuts the 2 end legs just below the bottom of the 2×2 cleat, and fits flush with the front of the leg.

Nail and glue the top frame together. Make sure it is square, but don't nail the plywood top to it yet. Now you have the main pieces assembled. It's time to put them all together to make the bench.



LAY OUT front leg assemblies and check them against this photo.



GLUE AND NAIL THE SIDE stretchers to the back leg assemblies.



NAIL THE 2×2 cleat to the 2×4 end legs—extending 3½ inches beyond leg top and down to mark for front stretcher.



NAIL FRONT STRETCHER to front legs. Bore pilot holes to avoid cracking and use glue.

JOIN LEGS TO FRAME



NAIL CLEAT of leg ends to frame, working with bench upside down.



TOENAIL THE RIGHT-CENTER leg to the frame since this one leg abuts the frame.

Join the leg assemblies to the top frame. Use No. 10 common nails and glue and nail from the inside of the cleats and notches. Toenail the 1 abutting leg.

Attach the side assemblies with nails and glue. Nail through the side stretcher into the front leg and then through the front stretcher into the side stretcher. Nail through the back-leg cleat into the top frame. At this point, finish-sand or rasp any rough edges. Round over edges with sandpaper if you plan to paint the bench.



JOIN STRETCHER OF back-leg assemblies to front leg and frame back.

SCREW BENCH TO WALL



LOCATE STUDS in shed or garage wall and bore holes in frame to align.

Turn bench right side up and place it in its intended position against a wall. Find studs in the wall and mark their position on the rear rail.

Bore holes for ¼-inch-diameter lag screws and screw through the rail into studs. Then nail the large part of the top to the top frame.

Use the plunge-cut technique to make the hatch hole in the small section of the top. Tack small lattice molding cleats across the corners of the hole. Now, nail this section down. Drop the hatch cutout in place.



TACK LATTICE molding strips over corners of the cutout hole.



SAVE CUTOUT and drop in cutout hole to serve as a hatch cover.

Lead photograph: Rick Taylor
How-to photographs: Perry Struse
Project design: Walter Eric Lawrence, AIA
Illustration: Eugene Thompson
Field editor: Ruth L. Reiter

RAZZLE-DAZZLE RHUBARB PIES

By Diana McMillen

Rhubarb flavors the spirit of Americana with as much gusto as apple pie! Bake up one of these delicious homespun desserts and you'll understand why some folks also call rhubarb "pieplant."

To harvest, grasp stalks by the base and pull gently with a twisting motion. Use only the reddish-pink stalk of the plant for cooking—the leaves are inedible.

GLAZED RHUBARB ALMOND PIE

Danish dessert and pie glaze is a dry mix you'll find in the baking section of your grocery store. It comes in raspberry and strawberry flavors—

- 1 4¾-ounce package Danish dessert and pie glaze mix
- ¼ cup sugar
- 4 cups rhubarb cut into 1-inch pieces
- 1 8-ounce package cream cheese, softened
- ¼ cup sugar
- 1 tablespoon milk
- ½ teaspoon vanilla
- ¼ cup slivered almonds
- 1 9-inch baked pastry shell

Prepare glaze according to package directions. Cover surface with waxed paper; set aside. Bring the first ¼ cup sugar and 1 cup *water* to boiling; add rhubarb. Bring to boiling; reduce heat. Simmer the rhubarb, covered, 2 to 3 minutes. Carefully remove with a slotted spoon; set aside. Beat cream cheese, the remaining sugar, milk, and vanilla till fluffy. Fold in almonds. Spread over bottom and sides of pastry shell. Spoon *half* of the glaze over cheese layer. Arrange rhubarb over. Pour on remaining glaze. Chill. To serve, sprinkle with additional almonds. Makes 8 servings.



RHUBARB CUSTARD PIE

- 4 cups fresh rhubarb cut into ½-inch pieces
- 1 unbaked 9-inch pastry shell
- 1 cup sugar
- 1 tablespoon all-purpose flour
- ¼ teaspoon ground nutmeg
- 4 slightly beaten eggs

Place rhubarb in pastry shell. Combine sugar, flour, and nutmeg. Add eggs; beat well. Pour the egg mixture into pastry shell. To prevent overbrowning, cover edge with foil. Bake in 375° oven 25 minutes. Remove foil; bake 20 minutes more or till pie is nearly set (pie appears soft in center but sets upon cooling). Cool. Cover and store in refrigerator. Makes 8 servings.

RHUBARB LATTICE PIE

- 1¼ cups sugar
- ⅓ cup all-purpose flour
- Dash salt
- 4 cups rhubarb cut into 1-inch pieces
- Pastry for a 2-crust 9-inch pie
- 2 tablespoons butter *or* margarine
- Milk

Combine the sugar, flour, and salt. Stir in the rhubarb pieces. Let mixture stand 15 minutes. Meanwhile, prepare and roll out *half* the pastry; line a 9-inch pie plate. Trim pastry to edge of plate. Turn rhubarb mixture into pie plate. Dot with butter or margarine.

Roll out the remaining pastry. Cut pastry into six ¾-inch-wide strips. Weave the strips on top of the filling to make a loose lattice crust. Cut the remaining pastry into ¾-inch squares. Moisten edge of pastry; overlap squares around rim of dish, pressing to seal. Brush the pastry with milk; sprinkle with additional sugar. To prevent overbrowning, cover edge of pie with foil. Bake in a 375° oven 25 minutes. Remove foil; bake 25 minutes more or till golden. Serve the pie warm or cool. Makes 8 servings.

Photograph: Ernie Block

Even folks with a brown thumb can raise perennial rhubarb! You'll have the best luck starting your rhubarb with roots purchased from a reliable nursery, or take root divisions from an established clump. Plant the rhubarb in full sun. Keep weeds under control, especially during the first year.



RHUBARB LATTICE PIE

RHUBARB CUSTARD PIE

GLAZED RHUBARB ALMOND PIE

FISH

FAST AND EASY TO FIX!



By Joy Taylor

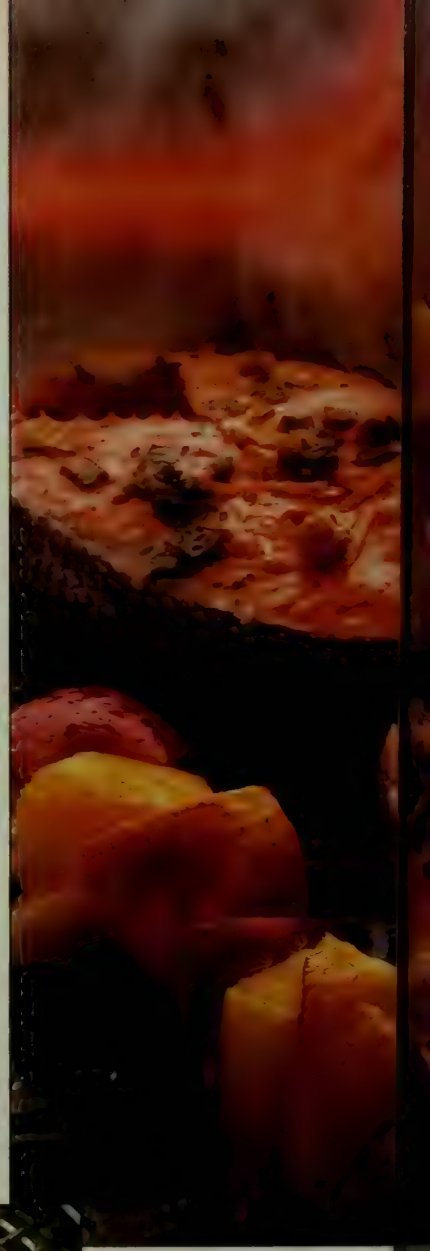
Broil it! Poach it! Micro-cook it! These healthful and simple cooking methods are ideal for fish—and for your family's meals.

Nationwide, an impressive variety of fresh and frozen fish is now available. And here, you'll learn how to prepare fish with the greatest of ease. For perfect results, follow our tips to prepare your prized purchase or catch.

Photographs: Ron Crofoot
Food stylist: Judy Tills



Italian-Style Fish with Stuffed Squash

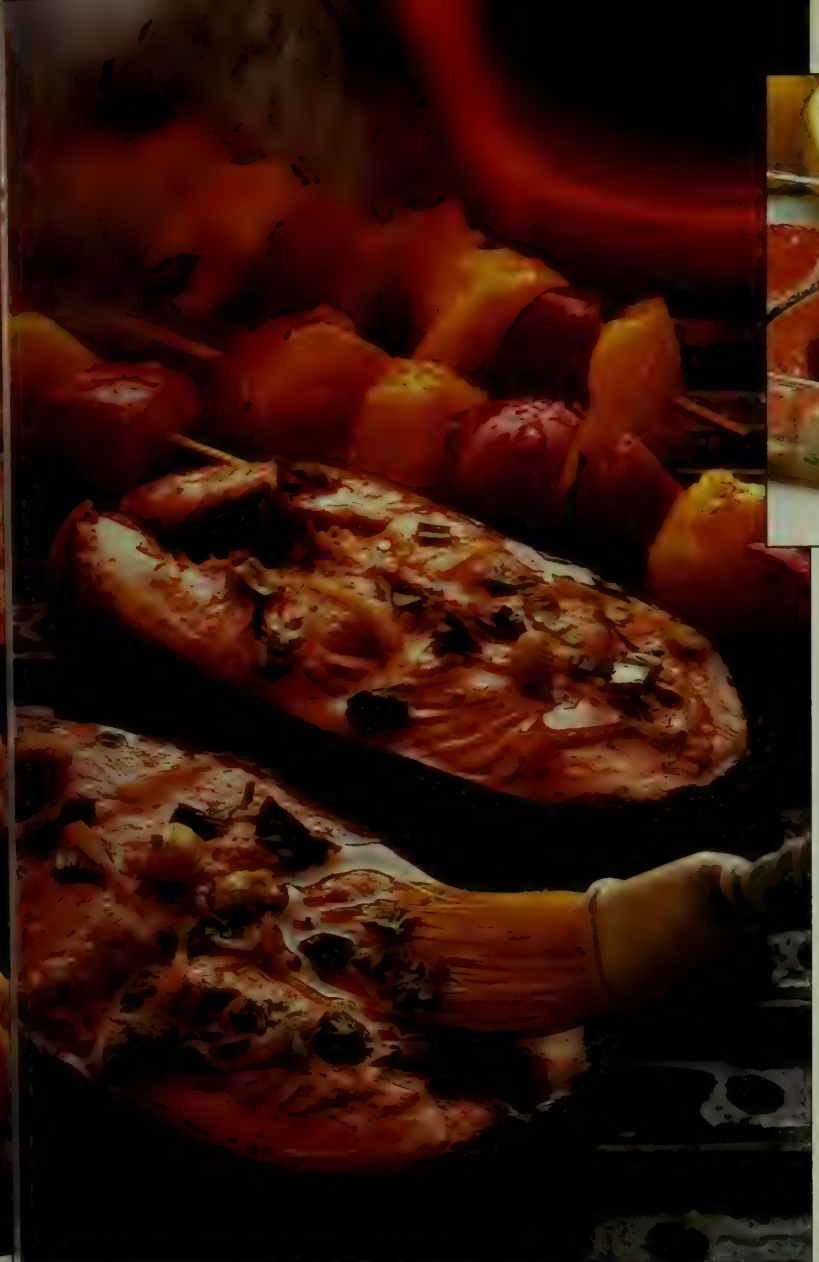


◀ GRILL-OUT

While grilling, use butter or a marinade to keep the fish moist and prevent sticking.

OH, SO LEAN!

One 3-ounce serving of a whitefish such as flounder (brushed lightly with butter while cooking) contains less than 200 calories! And it adds only 78 mg cholesterol and 201 mg sodium to your diet.



Citrus Fish Steaks with Fruit Kabobs

BROIL IT!

Nothing is easier than broiling a steak, fish steak (and fillets) included! The secret to ensuring moistness is to brush the fish occasionally with melted butter, oil, or a marinade while it's broiling. Fish cooks so quickly that portions less than 1 inch thick never need to be turned while broiling.

Grilling is a natural for fish, too, because it seals in flavor and moistness just as broiling does.

These recipes and more begin on page 142.



After marinating, save the seasoned liquid to brush on the fish during cooking.

▲ MARINATE

A marinade serves two roles: it enhances taste and adds juiciness—without adding many calories. Marinate fresh or frozen fish for several hours in the refrigerator and turn the portions often so all sides absorb the marinade. Allow extra time when marinating frozen fish; the fish needs to partially thaw before it acquires the marinade flavor.



Use a dinner fork as described below to check if the fish is done.

▲ TEST FLAKINESS

To test fish for doneness, place the tines of a table fork into the fish flesh at a 45-degree angle; gently twist the fork and pull up some of the flesh. Fish that flakes easily is properly cooked. If the flesh resists flaking, the fish is not done. Overcooking results in mealy, tough, dry fish.

Also, *look* at the fish—undercooked fish is translucent; cooked fish is opaque. Rely more on the eye test for firm-fleshed fish, such as halibut and swordfish, which do not flake as easily as soft-fleshed fish.

FISH

FAST AND EASY TO FIX!



slightly oily taste; soft texture



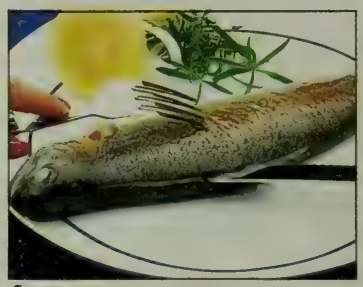
chewy, firm, and moist; gray flesh



rich, sweet taste; firm flesh



very soft, moist flesh; doesn't "flake"



1 Cut along the backbone.



2 Pull away the skin.



3 Remove the top layer of fish.



4 Discard the backbone.



◀ SERVING SAVVY

Whether you're enjoying a single-serving-size cooked fish, or serving a crowd-size salmon, skin and bone a whole fish following these steps:

1 Using the tip of a dinner knife, cut along the center of the backbone from the head to the tail.

2 Using the knife and a fork, loosen and carefully pull the skin toward the stomach to peel it off.

3 With the fork, lift the top piece of fish away from the backbone, and place it on your plate.

4 Pull away the thick backbone and discard. This will expose the bottom layer of fish. Now, enjoy!



Milk-Poached Trout

POACH IT!

Poaching is as easy as boiling water; all you do is cook fish in a gently boiling liquid such as broth, wine, beer, or, in this case, milk. An oblong fish poacher is handy, but any skillet or roasting pan that's large enough to hold the fish will do. When the liquid (about 1 to 2 inches deep) just begins to simmer (small bubbles appear over the surface), add whole dressed fish, steaks, or fillets. Simmer, covered, till the fish tests done.

Recipes begin on page 142.



Add dry sherry and paprika to further flavor and color the poaching liquid.

▲ MAKE A SAUCE

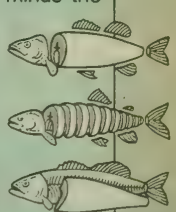
Herbs and vegetables season this poaching liquid. After cooking the fish, make a sauce: strain the broth, return it to the heat, and thicken or reduce it.

CATCHY NAMES

Shopping for fish isn't as much fun as going fishing—but it's quicker! Buy fish with these terms in mind:

Drawn fish: A whole fish minus the internal organs.

Dressed fish: An eviscerated fish with the head, tail, and fins removed. (*Pan-dressed* refers to a small fish.)



Fish steak: A crosscut slice (½ to 1 inch thick) from a large, dressed fish.

Fish fillet: A boneless piece of fish cut lengthwise from the sides and away from the backbone.

MINUTES COUNT

To perfectly cook fish, use these approximate timings in addition to the fork test described on page 137. For complete broiling, grilling, baking, and poaching directions, see page 144.

For fresh fillets and steaks: broil, grill, bake, or poach *4 to 6 minutes* for every half-inch of thickness.

For fresh whole dressed fish: bake or poach the fish *6 to 9 minutes* for every half pound.

Tips: Preheat the broiler or oven; bring the poaching liquid to boiling before adding the fish; timings vary for frozen fish.

Buying information, page 201.



Vegetable-Topped Fillets; see page 147.

MICRO-COOK IT!

For moist, tender fish, the microwave is a sure bet. Micro-cook the fish on HIGH, covered with vented plastic wrap, just till the edges of the fish are done and the center remains slightly translucent. Let the fish stand a few minutes to finish cooking, then uncover and serve.





Fold under only the thin edges.

▲ EVEN COOKING

When micro-cooking fish fillets, turn under any thin portions of the fillets so that the thickness is the same in all pieces. Evenly space the fish in a microproof dish.

SERVING-SIZE

How much fish you serve each family member depends on the form of fish. Allow these amounts per serving:

- 8 to 12 ounces dressed fish
- 3 to 4 ounces fish fillets or steaks

FISH

FAST AND EASY TO FIX!

Buying fish

Shopping for fish is as easy as fixing it. Just remember to rely on your nose. Avoid buying any fish with a strong or "fishy" odor. Fresh fish has very little odor.

When buying fresh fish, rely on the expertise of the "fishermen" behind the counter at a fish market or supermarket. They can tell you when the fish was delivered to the store, what part of the world it came from, and what the fish tastes like. They also can suggest fish substitutes when they don't have the variety you had in mind. With over 500 fish and seafood species available in the United States, there's a lot to choose from! When you shop for fresh drawn or dressed fish, consider these characteristics of good quality:

- ***Skin***—Shiny, taut skin and bright colors indicate freshness. As a fish begins to deteriorate, the colors fade.
- ***Flesh***—When you lightly press the flesh of a fresh fish with your finger, it springs back and feels firm and elastic.
- ***Eyes***—Clear, bright, bulging eyes spell freshness. Avoid fish with dull, bloody, or sunken eyes.
- ***Gills***—If the gills have not been removed, check to see that they are red and not slippery. As a fish loses quality, the red gills fade in color.

When you shop for fresh fillets or steaks, press the flesh and use your nose to check for freshness. Also, look for moist edges.

Today, you can buy frozen fish that's just as fresh, nutritious, and delicious as fresh-caught. In many cases, fish are cleaned and flash-frozen on board the fishing vessel minutes after being caught. When you shop for frozen fish, look for these characteristics of good quality:

- ***Packaging***—Avoid packages that are misshapen, have torn wrappers, or have frost or blood visible inside or out.
- ***Temperature***—Check that the package is frozen solid. Frozen fish should be kept at 0° F. or colder.

continued



LUNCH
OF CHAMPIONS

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CAMPBELL'S SOUP IS GOOD FOOD



Campbell's has a full line of low sodium soups for those people who are on a salt-restricted diet or have a concern about sodium.

Sure they love berries. But...



begins on page 136

Our seal assures you that every recipe has been tested in and is endorsed by the Better Homes and Gardens® Test Kitchen.

How to Use Our Nutrition Information

Good nutrition seems to be on everyone's minds these days. To help you keep track of the calories, protein, fat, cholesterol, and sodium you consume each day, we've included the amounts of these nutrients by gram weight per serving for our recipes.

You also can check the vitamin and mineral content of each recipe—these are given in percentages of the United States Recommended Daily Allowance (USRDA) whenever the value exceeds 10 percent. The USRDAs are standards developed by the Food and Drug Administration. Use them as a guide to see how well each recipe meets your family's nutrition needs.

Put Nutrition Analysis To Work

The nutrition summaries with recipes can help you plan more healthful family meals. Start by looking at the essential nutrients each recipe provides. Then decide its importance to your diet in supplying protein, vitamins, minerals, and so forth.

To put the numbers in perspective, here are some simple guidelines based on daily needs of females 23–50 years old: calories—2,000, protein—45 to 65 grams, fat—85 grams, cholesterol—300 milligrams, sodium—1,100 to 3,300 milligrams. (In general, males and teenagers need more calories.) Use these as rough figures; there's no real harm in going over or under these figures in any single day, but you should aim for a balanced diet overall.

We used these guidelines to figure the nutrition analysis of each recipe:

- When ingredient options appear in a recipe (such as butter or margarine), the first ingredient choice is used for the analysis.
- Optional ingredients are omitted in the analyses.
- The nutrition analyses for recipes calling for fresh ingredients are calculated using the measurements for raw fruits, vegetables, and meats.
- If a recipe gives optional serving sizes ("Makes 6 to 8 servings"), the analysis is calculated using the first choice.

Types of Fish

Fish fall into one of two categories—lean or fat. All can be prepared any way you choose, provided you use the fat content to determine how best to cook them.

Lean fish with less than 5 percent fat poach well because the liquid keeps them from drying out. When baking, broiling, microcooking, or grilling lean varieties, brush them with a sauce, butter, or margarine to replenish moisture. For lean fish, select from Alaska pollock, Atlantic pollock, Atlantic and Pacific cod, croaker, flounder, grouper, haddock, hake, halibut, ocean catfish, ocean perch, orange roughy, sea bass, sea trout, sole, and whiting.

Those fish higher in fat can withstand broiling, grilling, and baking without losing flavor or texture—and without basting. Lake and rainbow trout, whitefish, eel, herring, mackerel, pompano, salmon, and tuna are high-fat varieties.

Storing Fish

The sooner after the catch fresh fish is cooked, the better. And the fastest fresh-caught fish is refrigerated or frozen the more you'll enjoy your fish.

Refrigerator storage: Wrap the uncooked fish loosely in plastic wrap. Cook the fish within 2 days of catch or purchase. Use fish thawed in refrigerator within 2 days. Store leftover cooked fish in foil or plastic bag in the refrigerator and use within 2 days.

Freezer storage: Store fish at 0° F. or lower in moisture- and vaporproof wrap. Keep fat fish for no more than 3 months, lean fish up to 6 months. To thaw fish for cooking with a sauce or stuffing, place fish in the refrigerator for 6 to 8 hours. Fish that is left at room temperature either on the counter or in water will not thaw evenly and may spoil. When poaching, microcooking, or baking fish, there's no need to thaw. If you thaw for grilling, broiling, and stuffing, never refreeze fish.

continued

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WHIPPED TOPPING



ir fresh taste turns any dessert into one your family will love even more.

Shortcake Parisienne

4 croissants, thawed and split • 1 pint strawberries, sliced • 1 tablespoon sugar
2 cups thawed BIRDS EYE® COOL WHIP® Whipped Topping

Heat croissants; cool. Combine berries and sugar; let stand 30 minutes. Before serving, spoon ⅔ of berries on croissant bottoms. Top with whipped topping, saving about ½ cup. Replace tops and garnish with remaining berries and whipped topping. Serves 4. Berries may be flavored with 1 tbsp. Kirsch brandy.

Berry Blush

1 package (4-serving size) JELL-O® Brand Gelatin or Sugar Free JELL-O® Brand Gelatin, Strawberry Flavor • ¾ cup boiling water • ½ cup cold water • Ice cubes
1 cup sliced strawberries
1 cup thawed BIRDS EYE® COOL WHIP® Whipped Topping

Dissolve gelatin in boiling water. Mix cold water and ice cubes to make 1¼ cups; add to gelatin and stir until slightly thickened. Remove any unmelted ice. Measure 1½ cups gelatin; add fruit. Spoon into glasses or a bowl. Blend whipped topping into remaining gelatin. Spoon into glasses. Chill. Garnish. Serves 6.



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FISH!

continued

Basic Cooking Methods

Fish is among the most delicate of foods. It cooks quickly with a minimum of preparation. Although the general cooking guidelines on *page 139* are useful, actual cooking time depends on your oven setting and the temperature and texture of the fish. Cooking times for fillets and steaks depend on thickness; cooking times for whole dressed fish depend on weight. Check the fish at the minimum cooking time and frequently after that as fish can easily become overcooked.

To bake fillets and steaks: Preheat oven to 450°. Place fish fillets or steaks in a single layer with skin side down in a shallow, greased baking pan. Tuck under thin edges to make an even layer. Brush with melted butter or margarine. Season with salt and pepper. Bake, uncovered, in a 450° oven till fish flakes easily when tested with a fork. Allow 4 to 6 minutes per ½-inch thickness. If 1 inch thick, turn fish halfway through baking time.

Note: For frozen fish fillets or steaks, allow 9 to 11 minutes baking time per ½ inch of thickness.

To bake dressed fish: Place fish in a greased baking pan. Brush outside and cavity of fish with butter; season. Bake, uncovered, in a 350° oven till fish flakes easily when tested with a fork. Allow 6 to 9 minutes per half pound.

To poach fillets and steaks: Place fish in simmering liquid such as broth or wine. Bring to boiling; reduce heat. Cover; simmer till fish flakes easily when tested with a fork. Allow 4 to 6 minutes per ½ inch of thickness for fish. Remove fish with a slotted spoon. Use poaching liquid to make a sauce.

Note: For frozen fish fillets or steaks, allow 6 to 9 minutes poaching time per ½ inch of thickness.

To poach dressed fish: Place fish in a large roasting pan or fish poacher pan. Pour in enough water, broth, wine, or combination of liquids to cover half of fish. Remove fish. Bring liquid to boiling. Carefully add fish. Return to boiling; reduce heat. Cover and simmer till fish flakes easily when tested with a fork. Allow 6 to 9 minutes cooking time per 8 ounces of weight.

To broil fillets and steaks: Preheat broiler. Place fish in a single layer on greased rack of an unheated broiler pan. Tuck under thin edges. Brush with butter; season. Broil 4 inches from heat till fish flakes easily when tested with a fork. Allow 4 to 6 minutes per ½ inch of thickness. Turn once if fish is 1 inch or thicker.

Note: For frozen fish fillets or steaks, allow 6 to 9 minutes broiling time per ½ inch of thickness.

To grill fillets and steaks: Place fish in a well-greased wire grill basket or directly on the greased grill. Steaks can be turned easily without grill basket; fillets may break apart when turned. Grill over *medium-hot* coals till fish flakes easily when tested with a fork. Allow 4 to 6 minutes per ½ inch of thickness. Turn grill basket halfway through grilling time.

Note: Frozen fish are not recommended for grilling.



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And Lite dressings are made with less oil, to keep your calories down and your spirits up.

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Citrus Fish Steaks

Be sure to marinate frozen fish for at least 8 hours. It takes this long for the fish to thaw and begin absorbing the marinade flavor. To cut this time in half, you can thaw the fish in the microwave oven first—

3 fresh *or* frozen salmon, halibut, shark, *or* swordfish steaks, cut 1 inch thick (about 1½ pounds)
1 grapefruit
¼ cup dry white wine
2 tablespoons snipped parsley
2 tablespoons cooking oil
1 green onion, sliced
1 teaspoon dried marjoram, crushed
½ teaspoon paprika
1 recipe Fruit Kabobs (optional) (see recipe, page 146)

1. Arrange fresh fish steaks in a shallow dish. Finely shred enough grapefruit peel to make *1 teaspoon*. Halve grapefruit. Squeeze out juice (should have ⅔ cup). For marinade, combine grapefruit peel and juice, dry white wine, snipped parsley, oil, marjoram, and paprika. Pour over fish. Marinate in refrigerator, covered, for 4 to 6 hours. (For frozen fish steaks, marinate overnight.)

2. Drain fish, reserving the marinade. Brush the rack of an unheated broiler pan with cooking oil. Place fish on broiler pan. (Or, place fish in a greased shallow baking pan.) Brush fish with some of reserved marinade.

3. Broil fish 4 inches from heat till fish flakes easily when tested with a fork. Allow 4 to 6 minutes per side. Carefully turn fish with a wide spatula when half done. Brush fish often with marinade to prevent fish from drying out. Broil Fruit Kabobs alongside fish as directed in kabob recipe. Serve immediately. Makes 3 servings.

To grill: Marinate fish steaks as directed above. Brush grill with cooking oil. Drain fish, reserving marinade. Place fish steaks on grill or in grill basket over *medium-hot* coals. Brush with marinade. Cover grill. Grill about 6 minutes or till light brown. Brush with more marinade. Using a wide spatula, carefully turn the steaks. Grill 6 minutes more or till fish flakes easily when tested with a fork, brushing with marinade often.

Citrus Fish Fillets: Substitute 1 pound *fish fillets* such as sole, flounder, red snapper, *or* trout for the fish steaks. Cut fillets into 4 or 6 serving-size portions. Marinate fillets 2 to 4 hours. Place fish fillets in a single layer on a greased rack of an unheated broiler pan or in a greased baking pan. Tuck under any thin edges. Brush with marinade. Broil fish 4 inches from heat till fish flakes easily when tested with a fork; allow 4 to 6 minutes per ½ inch of thickness. Brush fish with marinade during cooking to prevent drying. If fish is more than 1 inch thick, turn when half done.

Per serving: 481 cal., 48 g pro., 8 g carbo., 28 g fat, 146 mg chol., 125 mg sodium. USRDA: 25% vit. A, 50% vit. C, 13% thiamine, 11% riboflavin, 95% niacin, 12% iron, 49% phosphorus.

continued

continued

Fruit Kabobs

- 1 small apple, cored and cut in wedges
- 1 small pear, cored and cut in wedges
- Lemon juice
- 1 cup fresh pineapple chunks *or* one 8¼-ounce can pineapple chunks
- Orange marmalade *or* pineapple preserves

Brush cut sides of apple and pear with lemon juice. Alternate the apple, pear, and pineapple on 4 wooden skewers. Brush with marmalade. Broil alongside fish 4 inches from heat for 5 to 8 minutes or till heated through and slightly tender; turn once. Serves 3.

Per serving: 118 cal., 1 g pro., 30 g carbo., 1 g fat, 4 mg sodium.

Italian-Style Fish

Use the herb butter on broiled fish, too—

- 4 fresh *or* frozen halibut, salmon, shark, *or* swordfish steaks, cut 1 inch thick (about 2 pounds)
- ½ cup butter *or* margarine
- 2 tablespoons snipped parsley
- 1 tablespoon snipped fresh basil *or* 1 teaspoon dried basil, crushed
- 2 teaspoons lemon juice
- Cooking oil
- 1 recipe Stuffed Squash (optional) (see recipe, page 147)

1. If fish is frozen, thaw first.

2. Beat together butter or margarine, parsley, basil, and lemon juice.

3. To prevent fish from sticking to grill, brush the grill with oil. Place fish steaks on grill over *medium-hot* coals. Brush lightly with some of the butter mixture. Cover grill. Grill fish about 6 minutes or till light brown. Brush with more of the butter mixture.

4. Using a wide spatula, carefully turn the fish. Cover and grill fish steaks another 6 minutes or till fish flakes easily with a fork, basting often with the butter mixture. Before serving, top each fish steak with a dollop of the remaining butter. Cook Stuffed Squash alongside according to squash recipe. Serve immediately. Serves 4.

Per serving: 618 cal., 48 g pro., 0 g carbo., 49 g fat, 216 mg chol., 403 mg sodium. USRDA: 42% vit. A, 11% thiamine, 94% niacin, 48% phosphorus.

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New Hunt's Meatloaf Fixin's Tomato Sauce.

© 1985 Beatrice/Hunt-Wesson Foods, Inc.

Stuffed Squash

- 2 medium zucchini
- 1 large tomato, cut into 8 wedges
- 2 teaspoons snipped chives
- ½ teaspoon garlic salt
- ½ cup shredded cheddar cheese (2 ounces)

Make 4 crosswise V-shaped grooves about ¼ inch wide in each zucchini, cutting to but not through the opposite side. Tear off two 18-inch-square pieces of heavy-duty foil. Fold each piece in half. Place a zucchini on each piece of foil. Place a tomato wedge in each zucchini groove. Sprinkle each zucchini with chives and garlic salt. Fold edges of foil to enclose vegetables, leaving space for expansion of steam.

Grill over *medium-hot* coals about 30 minutes. Roll foil back around zucchini. Carefully puncture bottom of foil packet with a fork to release excess liquid. Sprinkle cheese over top of each. To serve, cut through each zucchini. Makes 4 servings.

Per serving: 80 cal., 5 g pro., 5 g carbo., 5 g fat, 14 mg chol., 332 mg sodium. USRDA: 17% vit. A, 42% vit. C, 13% calcium, 10% phosphorus.

Milk-Poached Trout

- 2 6- to 8-ounce fresh *or* frozen pan-dressed trout
- ¾ cup milk
- ½ cup water
- ¼ cup celery leaves
- 1 small onion, sliced into rings
- 1 small carrot, sliced into julienne strips
- 2 sprigs parsley
- 4 peppercorns
- ¾ teaspoon dried dillweed
- ½ teaspoon salt
- ⅛ teaspoon pepper
- 1½ teaspoons cornstarch
- 1 tablespoon cold water
- 1 tablespoon dry sherry
- ⅛ teaspoon paprika

1. Let frozen fish stand at room temperature about 20 minutes. In a 10-inch skillet combine the milk, water, celery leaves, onion, carrot, parsley, peppercorns, dillweed, salt, and pepper. Bring to boiling; reduce heat. Simmer, covered, for 10 minutes.

2. Place fish in simmering broth. Return to boiling; reduce heat. Cover and simmer about 12 minutes or till fish flakes easily when tested with a fork. (Allow about 5 to 10 minutes more for frozen fish.) Remove fish from skillet. Cover and keep warm.

3. Line a sieve with a small piece of the cheesecloth. Pour the cooking liquid through sieve. Return ½ *cup* of the strained liquid to a small saucepan (add water if necessary). Combine the cornstarch and cold water. Stir into the strained liquid. Cook and stir till thickened and bubbly. Cook and stir 2 minutes more. Remove from heat. Stir sherry and paprika into sauce.

4. Pull away the fins from each fish. To serve fish, arrange each on a dinner plate. Spoon some sauce onto each plate, next to the fish. Pass the remaining sauce.

5. To eat, cut along the center of the backbone from head to tail with the tip of a sharp knife. The knife tip should just touch the rib cage. Peel off top skin, pulling toward the belly. Run a fork along the backbone over ribs and under meat; lift off top half of fish to dinner plate. Pull away backbone remaining; discard. Turn over the half of the trout remaining; remove skin. Serves 2.

Per serving: 246 cal., 21 g pro., 15 g carbo., 10 g fat, 60 mg chol., 665 mg sodium. USRDA: 124% vit. A, 19% vit. C, 13% thiamine, 18% riboflavin, 15% niacin, 17% calcium, 35% phosphorus.

Vegetable-Topped Fillets

- 1 pound fresh *or* frozen fish fillets (sole, flounder, orange roughy, *or* haddock)
- Salt
- Pepper
- ¼ teaspoon garlic powder
- 1 cup sliced fresh mushrooms
- ½ cup julienne carrot strips
- 1 green onion, sliced
- 1 tablespoon butter *or* margarine
- 1 small tomato

1. Arrange fillets in a 12x7½x2-inch baking dish. Sprinkle with salt, pepper, and garlic powder. For even cooking, turn under any thin portions so that fillets are all about the same thickness.

continued

Look for new Hunt's® Meatloaf Fixin's® Tomato Sauce with all the other Hunt's Tomato Sauces.



Hunt's. It's a better way to say tomatoes.

continued

2. In a nonmetal bowl place the mushrooms, carrot, onion, and butter or margarine; cover with vented plastic wrap. Micro-cook on 100% power (HIGH) 2 to 3 minutes. Spoon mixture over fillets. Rub the back of a knife across skin of tomato to loosen. Peel and slice. Arrange tomato slices atop. Cover dish with vented plastic wrap.

3. Micro-cook 5 to 7 minutes or till fish is opaque, white, and tender when tested with a fork, rotating dish a half-turn after 3 minutes. Let stand 1 minute. Remove plastic wrap. Serves 4.

Per serving: 120 cal., 18 g pro., 4 g carbo., 4 g fat, 69 mg chol., 178 mg sodium. USRDA: 37% vit. A, 13% vit. C, 15% niacin, 25% phosphorus.

Clam Sauce

- ¼ cup thinly sliced celery
- 1 tablespoon butter *or* margarine
- 2 teaspoons cornstarch
- 1 6½-ounce can minced clams
- 1 6-ounce can hot-style vegetable juice cocktail
- 1 tablespoon snipped parsley

In a saucepan cook celery in butter till tender. Stir in cornstarch. Drain clams. Stir juice cocktail, clams, and parsley into saucepan. Cook and stir till thickened and bubbly. Cook 2 minutes more. Serve hot with fish. Makes 1 cup.

Per 2 tablespoons: 32 cal., 2 g pro., 2 g carbo., 2 g fat, 12 mg chol., and 83 mg sodium.

Lemon-Garlic Sauce

- ¼ cup sliced green onions
- 2 cloves garlic, minced
- ¼ teaspoon dried dillweed *or* tarragon, crushed
- 1 tablespoon olive oil
- 2 tablespoons all-purpose flour
- 1 cup fish broth *or* chicken broth*
- ⅓ cup dairy sour cream
- ½ teaspoon grated lemon peel
- ¼ teaspoon salt

In a saucepan cook onions, garlic, and herb in oil till onion is tender. Stir in *1 tablespoon* flour. Add broth. Stir remaining 1 tablespoon flour into sour cream. Add sour cream, lemon peel, and salt to sauce. Cook till bubbly; cook 1 minute more. Serve hot with fish. Makes 1⅓ cups.

* If using chicken broth, you may wish to decrease or omit salt.

Per 2 tablespoons: 36 cal., 2 g carbo., 3 g fat, 3 mg chol., 164 mg sodium.

continued



Lemon-Garlic Sauce (*on fish*), Sweet-Sour Sauce (*front*), Clam Sauce (*center*), and Tomato Dill Sauce (*back*).



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1 cup MIRACLE WHIP Salad Dressing or MIRACLE WHIP *Light* Reduced Calorie Salad Dressing
1 teaspoon KRAFT Pure Prepared Mustard
½ teaspoon celery seed
½ teaspoon salt
⅛ teaspoon pepper
4 cups cubed cooked potatoes
2 hard-cooked eggs, chopped
½ cup chopped onion
½ cup celery slices
½ cup chopped sweet pickle

Combine salad dressing, mustard, celery seed, salt and pepper; mix well. Add potatoes, eggs, onion, celery and pickle; mix lightly. Chill.
6 servings





continued

Tomato Dill Sauce

Our taste panel suggested serving thi full-flavored condiment with sea bass o other firm-fleshed fish—

- ¼ cup chopped onion
- ½ teaspoon dried dillweed
- 1 tablespoon butter *or* margarine
- 1 7½-ounce can tomatoes, cut up
- 3 tablespoons chili sauce

In a small saucepan cook onion an dillweed in butter or margarine till on ion is tender. Stir in *undrained* toma toes and chili sauce. Bring to boiling reduce heat. Simmer, uncovered, for to 7 minutes or till of the desired consis tency. Serve with hot cooked fish Makes 1½ cups.

Per 2 tablespoons: 18 cal., 2 g carbo., g fat, 3 mg chol., 87 mg sodium.

Sweet-Sour Sauce

Serve this Oriental-style condiment wit the fish of your choice—

- ¼ cup packed brown sugar
- 2 teaspoons cornstarch
- ½ teaspoon sesame seed (optional)
- ⅓ cup chicken broth
- ¼ cup sliced green onions
- 3 tablespoons red wine vinegar
- 1 tablespoon soy sauce

In a small saucepan combine suga cornstarch, and sesame seed, if desire Stir in the chicken broth, sliced gree onions, wine vinegar, and soy sauc Cook and stir the mixture over mediu heat till thickened and bubbly. Coo and stir 2 minutes more. Serve sauc warm with hot cooked fish. Makes ¾ cup sauce.

Per 2 tablespoons: 44 cal., 11 g carbo 1 mg chol., 263 mg sodium.

Herbed Sauce for Fish

Try this cousin of tartar sauce with h or cold fish. It's pictured with chille fish on page 152—

- ½ cup mayonnaise *or* salad dressing
- ½ cup dairy sour cream
- 2 tablespoons finely chopped sweet pickle
- 1 tablespoon sliced green onion
- 1 tablespoon snipped parsley
- ½ teaspoon dry mustard
- ½ teaspoon paprika
- ¼ teaspoon salt
- Dash pepper

continued

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FISH!

continued



Herbed Sauce for Fish (*recipe begins on page 150*) complements a platter of chilled fish and cooked vegetables.

In a bowl combine all ingredients. Cover and chill thoroughly. Serve with cooked fish. Makes about 1 cup.

Per 2 tablespoons: 135 cal., 1 g pro., 2 g carbo., 14 g fat, 16 mg chol., and 183 mg sodium.



Save Chutney Marinade to brush over fish fillets or steaks during cooking.

Chutney Marinade

Salmon steaks are just one choice for using this versatile marinade—

- ½ cup cooking *or* olive oil
- ⅓ cup white wine vinegar
- ¼ cup finely chopped chutney
- 2 teaspoons curry powder
- 1 teaspoon sugar
- 1 green onion, thinly sliced
- ¼ teaspoon salt
- ⅛ teaspoon ground red pepper

Fish fillets or steaks

In a bowl combine all ingredients. To marinate fish, place fish in a shallow baking dish. Pour marinade over fish. Cover and refrigerate for 4 to 6 hours or overnight; turn fish occasionally. Remove fish from marinade. Broil or grill fish, basting occasionally with marinade. Makes about 1 cup (enough for 2 pounds fish).

Oriental Baste

Brush this sauce on fillets or steaks during grilling or broiling. Spoon more on before serving—

- 3 tablespoons butter *or* margarine
- 1 tablespoon soy sauce
- 1 tablespoon dry sherry
- 1 tablespoon vinegar
- ½ teaspoon sesame oil
- ⅛ teaspoon ground ginger

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File under Meat

$100 WINNER
Kerry Marflak,
Wayland, N.Y.



Main-Dish Pies

Yorkshire Beef Pie

Kerry uses leftover vegetables when she prepares this slick one-dish spin-off of the British roast beef classic, Yorkshire Pudding—

- ¾ pound ground beef
- 1 small onion, thinly sliced
- ½ cup cooked vegetables
- 1 10¼-ounce can beef gravy
- ½ cup water
- 1 tablespoon Worcestershire sauce
- 2 tablespoons butter *or* margarine
- 1 cup milk
- 2 eggs
- 1 cup all-purpose flour
- ¼ teaspoon salt
- ⅛ teaspoon pepper

In a large skillet cook ground beef and onion till meat is brown and onion is tender; drain. Add vegetables and *¼ cup* of the beef gravy. Stir water and Worcestershire sauce into remaining gravy. Set aside. In a 10-inch quiche or pie plate place butter or margarine and put in oven; set oven to 425°. Meanwhile, in small mixer bowl combine milk and eggs. Add flour, salt, and pepper. Beat till mixture is smooth. Remove dish from oven. Pour egg mixture into hot dish. Spoon meat mixture evenly over bottom, keeping 1 inch from the edge. Return to oven. Bake for 25 to 30 minutes or till browned and puffed. Heat gravy; pass with pie. Serve at once. Makes 4 servings.

File under Rice, Pasta & Cereal

$100 WINNER
Stephanie M. Williamson,
Virginia Beach, Va.



Pasta Ideas

Pasta Verde

Stephanie's quick side-dish is a variation on popular pesto. This creation compliments chicken and a garden salad—

- 6 slices bacon
- 10 ounces spaghetti *or* other pasta
- 1 10-ounce package frozen chopped spinach
- 2 cloves garlic, minced
- ⅛ teaspoon pepper
- ½ cup cream-style cottage cheese
- ⅓ cup grated Parmesan cheese

In an 8-inch skillet cook bacon till crisp; drain, reserving *2 tablespoons* drippings. Crumble bacon; set aside. Cook pasta in large amount of boiling salted water for 10 to 12 minutes till tender but firm. Meanwhile, in a medium saucepan cook spinach according to package directions. Place *undrained* spinach, reserved bacon drippings, garlic, and pepper in blender container or food processor bowl. Cover and blend till smooth. Add the cottage cheese; cover and blend till smooth. Drain pasta and turn out onto large platter. Pour spinach mixture over pasta; toss. Sprinkle individual servings with bacon and Parmesan cheese. Serve immediately. Makes 10 to 12 side-dish servings.





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File under Rice, Pasta & Cereal

$50 WINNER
Donna Reed,
Ramsey, Ill.



Pasta Ideas

Noodles Divine

This skillet dish is fast, easy, and uses ingredients you have on hand—

- ⅓ cup chopped onion
- ¾ cup shredded carrot
- 1 tablespoon butter *or* margarine
- 1 10¾-ounce can condensed cream of chicken soup
- 1 4-ounce can mushroom stems and pieces, drained
- 2⅓ cups water
- Dash pepper
- 4 cups wide egg noodles
- 1 cup chopped fresh broccoli
- Grated Parmesan cheese

In a 10-inch skillet cook onion and carrot in butter or margarine over medium heat for 3 minutes or till vegetables are tender. Stir in soup, mushrooms, water, and pepper. Bring to boiling. Stir in noodles. Return to boiling. Reduce heat; cover and simmer about 15 minutes. Add broccoli. Cook 10 minutes more or till broccoli and noodles are tender, stirring occasionally. Sprinkle cheese on top. Makes 8 side-dish servings.

Buying information, page 201.

File under Meat

$50 WINNER
Mary L. DeBeck,
Green Bay, Wis.



Main-Dish Pies

Shredded Potato and Ham Pie

For a light supper, serve this pie with a small dinner salad and bread—

- 4 slightly beaten eggs
- 1 cup frozen mixed peas and carrots
- 1 cup chopped cooked ham, beef, *or* chicken
- 1 cup shredded cheddar cheese (4 ounces)
- ½ cup milk
- ¼ teaspoon minced dried onion
- 2 medium potatoes, peeled and shredded (about 2 cups)
- ½ cup shredded cheddar cheese (2 ounces)

In a bowl combine eggs, vegetables, ham, the 1 cup cheese, milk, and onion. Set aside. Combine shredded potatoes and the ½ cup cheese. Press onto bottom and up sides of an ungreased 9-inch pie plate. Pour filling into potato-lined pie plate. Bake in 350° oven for 45 to 50 minutes or till center is set. Let stand 5 to 10 minutes before serving. Makes 6 servings.

Photographs: Scott Little

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FOOD

Win Money

Prize Tested Recipes

FANCY CHOCOLATE DESSERTS
HOLIDAY DIPS AND SPREADS

Does your holiday dessert boast chocolate in many ways? Do you serve a dip or spread that gets raves at parties? Send us your original recipes—you could be a winner. Two Cooks of the Month receive $100 each, four Runners-Up receive $50 each, and six Honor Roll winners get $25 each. Selected recipes will be pictured on the Prize Tested Recipes pages next December. Winners receive a framed Certificate of Endorsement and six copies of their recipe.

Hints To Help You

Fancy Chocolate Desserts: Chocolate lovers, show us your stuff! Your special creation can start with any chocolate or chocolate-based product. Do you use a brownie mix for your specialty? Is your elegant dessert a showstopper yet takes only minutes to prepare? **Tips: chocolate and vanilla shortcake, turtle tarts, mocha-brandy parfait, and chocolate-stuffed pears.**

Holiday Dips and Spreads: Send us your hit-of-the-party recipe. Is your chili dip served hot? Do you tally a low calorie count for your spread? **Hints: cheddar fondue, crab-almond spread, harvest pâté, and spicy cauliflower dip.**

This Month's Winners

(See recipes on pages 157 and 158.)

Cooks of the Month

Kerry Marflak, Wayland, N.Y.

Stephanie M. Williamson, Virginia Beach, Va.

Runners-Up

Mary L. Debeck, Green Bay, Wis.

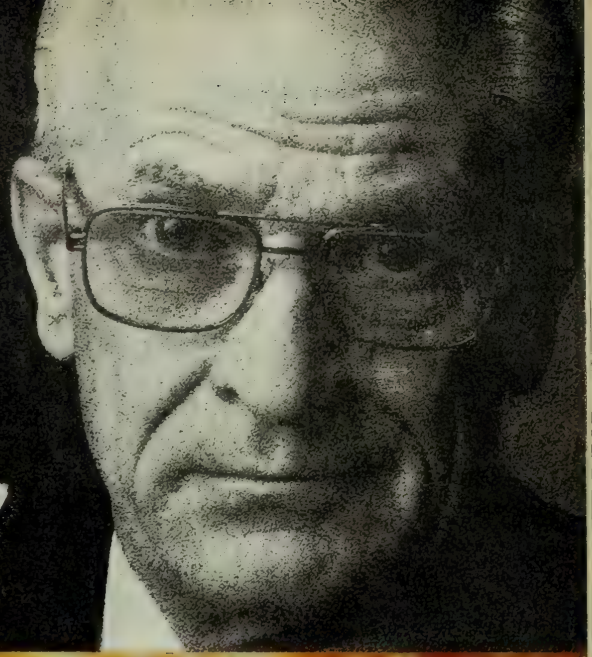
Donna J. Reed, Ramsey, Ill.

Honor Roll

Mrs. P. L. Browns, Denver, Colo.; Pam A. Fenton, Colts Neck, N.J.; Katherine Gilkey, Alameda, Calif.; Rebecca Gutierrez Keck, Clarkdale, Ariz.; Vivian Levine, Oak Ridge, Tenn.; Chantel McComas, Frazer, Pa.

CONTEST RULES

1. Clearly write your name, address, and recipe marked "December Fancy Chocolate Desserts" or "December Holiday Dips and Spreads." **2.** Specify brand names of food products you use. **3.** Include 50 to 100 words about the origin of the recipe. **4.** If your recipe is purchased, you give Meredith Corporation the right to use it in any manner for as long as we wish. **5.** Entries must be postmarked by midnight, May 31, 1985. If recipe duplicates are submitted, the one earliest postmarked will be judged. **6.** We reserve the right to adjust and edit winning recipes. **7.** Address the recipes you enter to 8512 Food Department, Better Homes and Gardens, Des Moines, IA 50336. **8.** All entry materials become the property of the Meredith Corporation.



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WILLIAM SCHWARTZ, CHEESEMASTER

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MIX-AND-MATCH DINING

Blend Formal With Casual



Artfully mismatched dining pieces are one of the best looks in decorating. And it's no wonder! When a modern chair teams with a vintage table—or vice versa—you have the best of both worlds. Pieces that contrast with the architecture heighten the effect.

Stately architecture and casual furnishings are the basis of this dramatic decorating scheme. Sinuous chrome-and-wicker chairs and a clean-lined oak table play off beautifully against columns, moldings, and an intricate fireplace from yesteryear.

A geometric dhurrie rug and complementary terra-cotta walls reinforce the dining room's casual new demeanor.

Photograph: Ross Chapple. Design: Robert Rentz. Field editor: Eileen A. Deymier



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MIX-AND-MATCH DINING

Countrify A Contemporary



A mix of furniture and architectural styles surprises—and delights—the eye.

What's a down-home country cupboard doing in an uptown place like this? Setting the stage for an exciting—and highly personalized—decorating look.

Contrasted against a modern butcher block table, contemporary chairs, and straightforward architecture, the old hutch asserts its homespun character *and* gains newfound punch. In fact, the juxtaposition of styles benefits—and strengthens—each disparate element.

Any eclectic scheme like this needs something to pull it together. Here, clean lines and shared wood tones provide the necessary link.

Photograph: Fred Lyon. Design: Susan Erickson. Field editor: Helen Heitkemp

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More Than A Steak Sauce. A Heckuva Lot More."



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Saucy Meatballs

Combine 1 pound lean ground beef, 2/3 cup grated Parmesan cheese, ½ cup seasoned dry bread crumbs, ½ cup milk, 1 egg slightly beaten. Shape into 20 meatballs. Brown well in 2 tablespoons shortening. Drain excess fat. Sprinkle meatballs with 1 tablespoon flour; stir gently to coat. Combine 1 can (28 ounces) tomatoes, cut into bite-size pieces; 1/3 to ½ cup Heinz 57 Sauce, ½ teaspoon salt; pour over meatballs. Simmer uncovered 25 minutes or until desired consistency; stir occasionally. Serve over noodles. Makes 5 servings.

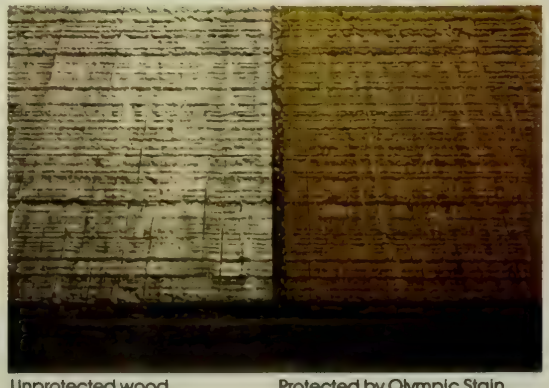


Sweet 'n Sour Pork Chops

In skillet, brown 4 rib pork chops, ¾-inch thick, in shortening; drain excess fat. Season chops with salt and pepper. Combine 1 can (8¼ ounces) pineapple chunks and juice with 1/3 cup Heinz 57 Sauce; pour over chops. Cover; simmer 45 minutes or until chops are tender. Add 1 medium green pepper, cut into strips; cover; simmer 15-20 minutes or until pepper is tender. Thicken sauce with cornstarch/water mixture, if desired. Makes 4 servings.



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R. Green, N.Y.

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B. Cooley, Ill.

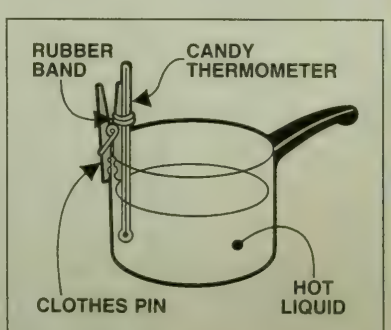
Do you have handy do-it-yourself suggestions or shortcuts you'd like to share? Mail them to Tips, Tools, and Techniques, *Better Homes and Gardens,* 1716 Locust St., Des Moines, IA 50336. We will pay $25 for each idea accepted for publication and reserve the right to shorten or otherwise edit all copy. Your materials will be acknowledged, but not returned. If your tip is purchased, you give Meredith Corporation the right to use it in any manner and for as long as we wish. We do not accept previously published tips or techniques.

HOME HINTS

TIPS, TOOLS & TECHNIQUES

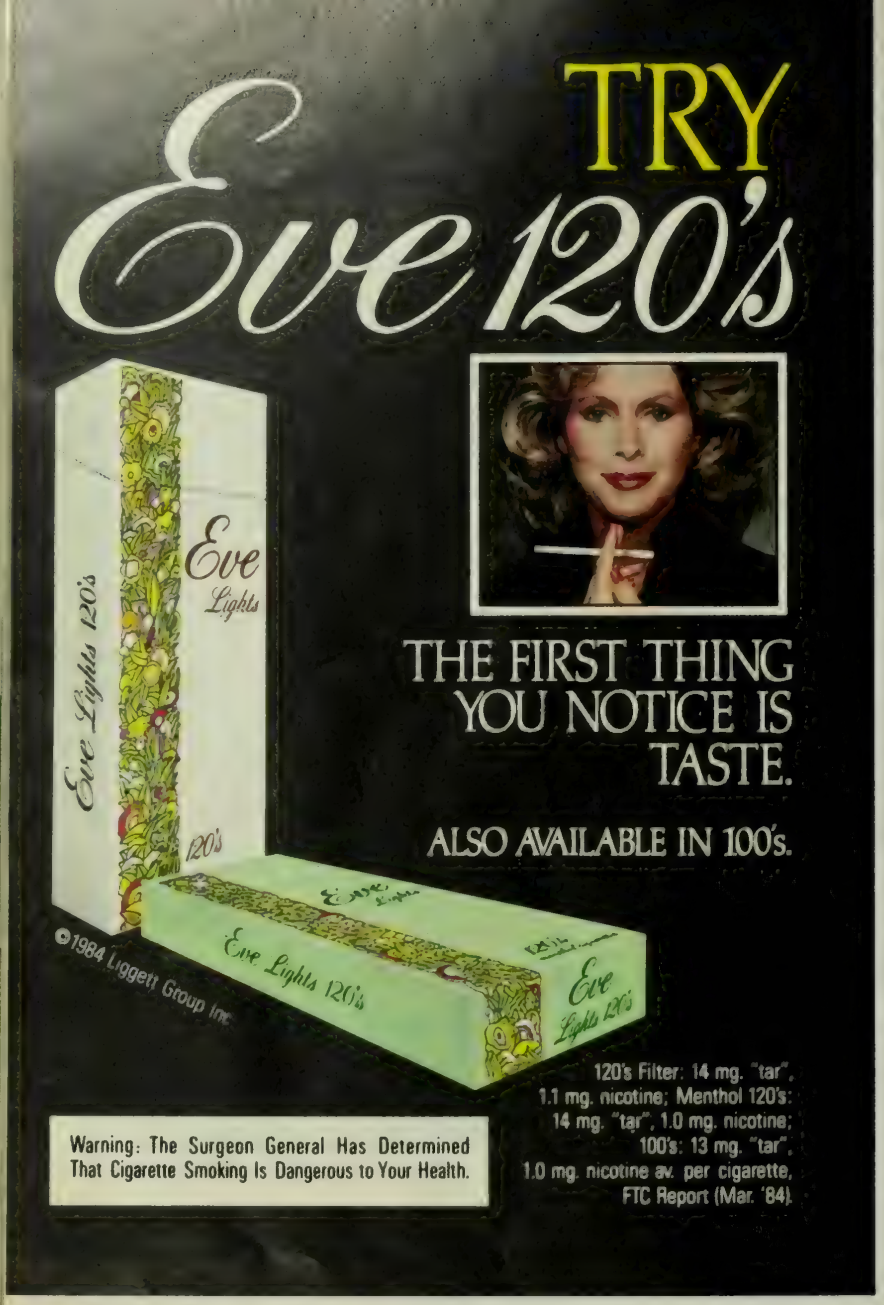
This feature is written by you. It's a collection of installation tips and shop shortcuts that you—and millions like you—have picked up as do-it-yourselfers. We pay $25 for each tip we publish. See the box below for submission details.

PROBLEM: Resting your candy thermometer on the bottom of the saucepan can cause it to break. It's also easy to lose a short, stocky thermometer in the candy. New thermometers are expensive, and if one breaks in the pan, you ruin a batch of candy.



SOLUTION: Attach the thermometer to one wing of a spring-clip clothespin with a rubber band. Then clip the pin





HOME SELLING

The Advantages of Multiple Listing

You've decided to sell your house through a real estate broker because you believe a pro can attract more potential buyers than you could. To get several good offers quickly, you may want to contact a broker who's a member of a multiple listing service. Such a service enables you to deal with just one broker and pay only one commission fee, but puts many brokers to work for you.

How it works

A multiple listing service is a group of licensed real estate brokers who've pooled some of their property listings. These groups vary in size from a few dozen brokers to a nationwide network of members. A broker who's a member of a multiple listing service will send a description of your house, the asking price, and other pertinent information to all the brokers in the group.

If you agree to let a broker multiple-list your property, this *listing broker* will ask you to sign a contract. The contract probably will specify that you give the member brokers an exclusive right to sell your house during a set period of time (usually 30 days or more), and that you agree to pay a certain percentage of the selling price as a commission fee. The *selling broker* is the broker who finds a buyer for your house. After the sale, the listing broker and selling broker will split the commission.

What you should do

- Before placing your house with a multiple listing broker (or any other broker), try to determine the resale value of your property. You'll want to get the highest price you can for your home, but an unreasonably high price might discourage the members of a listing service from actively seeking buyers. Scan newspaper advertisements for prices of houses in your area, and check the records of real estate transactions filed at your county recorder's office to see what the actual selling prices were for houses that sold recently in the same area.
- Try to negotiate the broker's commission before you sign a contract with the listing broker. Commissions vary among real estate brokers because federal antitrust laws require each broker to set his or her own rate; a multiple listing service can't set a rate for its members. So your listing broker may be willing to negotiate the commission at the time your contract is drawn up.
- Arrange a short-term contract (30 to 90 days). That way, if the original listing service doesn't appear to be doing its best to find you a buyer, you can enlist the services of another firm while the market is still strong. (You can always extend the original contract.) If your property is reasonably priced and other property in your area is selling well, you should start receiving offers within a month or so.



To help a child

Children's Hospital at Stanford provides the finest pediatric care, teaching, and research. It accepts all children who can benefit from its services.

Visit Allied Arts Guild and support this exceptional hospital.

Allied Arts is a charming complex of boutiques and craftsmen in a Spanish garden setting.

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And now, it's easier than ever before to afford the luxury of Earth Images carpet on credit! Up to $1500 credit—on the spot—if you qualify for a Wear-Dated credit card from Monsanto. Ask your retailer for details of this exciting new opportunity.



Special Introductory Savings

Right now, many Evans-Black retailers are offering special introductory savings on new Earth Images and the entire line of Evans-Black fine carpet fashions by Armstrong. Look for sale ads in this week's newspaper or call Toll-Free 1-800-233-3823 for the name of your local Earth Images retailer.

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The local paper is undeniably a wonderful medium for news of supermarket sales and classified ads. But there is arguably a more effective way to reach selective business and professional people. Who, while comprising only 20% of the population, purchase 80% of the country's goods and services.

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You can do it through Media Networks. Which offers you nine different networks of demographically compatible magazines, where your ad will alternate from one magazine to another throughout the month (The magazines in our News Network, for example, are shown here.)

Do you have doubts about the efficacy of this strategy? Then consider the likes of BMW, 3M Company, New York Life, and Hart, Schaffner & Marx, all of whom have been able—during recessionary times—to tap into a seemingly recession-proof market through judicious use of Media Networks.

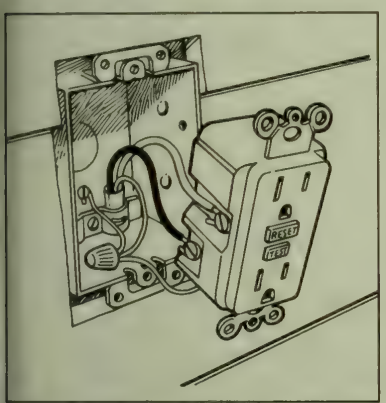
May we entice you with more facts? Call 212-661-4800 or toll-free at 1-800-642-9606. And find out about getting your ads read and read again by the people you most want to reach. Instead of having your message discarded along with yesterday's news.



MNi

Making Your Outdoor Outlets Safer

Yard work is easier with power tools, but play it safe: replace each outdoor electrical outlet with a ground fault circuit interrupter (GFCI).



Ground fault circuit interrupter

A GFCI shuts off the flow of electricity anytime an accident or tool malfunction causes current to flow through you on its way to the ground. That can happen, for example, if your hedge clippers have frayed wires inside. The GFCI shuts off the electricity in $\frac{1}{50}$ of a second. You will get a shock, but it won't be fatal.

EASY INSTALLATION

If you've done electrical work before, you can install a GFCI yourself. GFCIs are available at most home centers and hardware stores for approximately $20. Shop for a size that will fit your old receptacle's junction box.

Before removing the existing receptacle on your outdoor outlet, throw the master switch at the control panel and use a tester lamp to make sure the outdoor circuit is dead. Install the GFCI as you would a conventional receptacle, following directions supplied by the manufacturer. When done, press the GFCI's test button to make sure you've wired it correctly. BH&G

Illustration: Carson Ode

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Mail this coupon to Washington State Tourism Development Division, 101 Gen'l Admin. Bldg., AX-13, Olympia, WA 98504. Or call toll-free 1-800-541-WASH. In-state call 1-800-562-4570.

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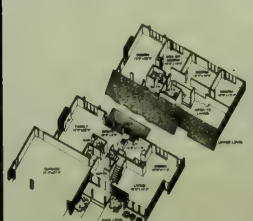
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Overall Dimensions (Including Garage):
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Square Footage:
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TOTAL: 2,446
Garage: 712
Deck: 240

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3. **CREDIT CARD USERS CALL TOLL FREE 800-247-5099!** In Iowa, 800-532-1526. (Toll free not available in Alaska or Hawaii.)

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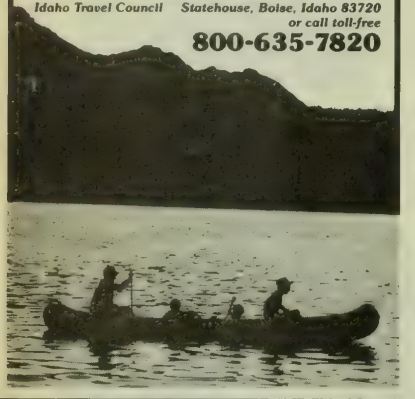
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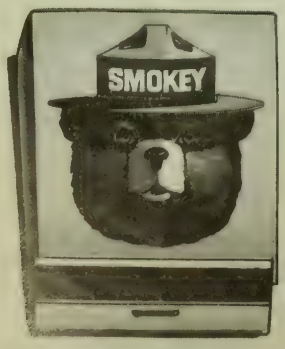
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Canada's Okanagan Valley

British Columbia's Okanagan Valley nestles in a sun-washed trough between the Canadian Rockies and the Coast Mountains about 280 miles northeast of Seattle. Dotted with lakes, beaches, and vineyards, this lovely valley has long been a favorite haven of Canadian families. But it's surprisingly unknown to vacationers from the U.S.

Provincial-97 (an extension of Washington-97) threads the full length of the valley. You won't need to stray far from this route as it swings around hills, above coves and valleys, and plunges into the three small cities (Penticton, Kelowna, and Vernon), where you'll find many of the area's attractions.



Water amusements

Penticton sits on the south shore of 80-mile-long Okanagan Lake, which snakes through most of the valley. With the region's best beaches, the town offers an array of water sports. Kids will want to visit Okanagan Game Farm, a preserve that's home to endangered species like mountain zebras, timber wolves, and Siberian tigers.

Water slides that pop up every few miles are must stops for families. You also can tee off at some 25 golf courses. Gallaghers Canyon, southeast of Kelowna, is probably most challenging.

At Kelowna, the lakefront bustles all summer. Activities culminate July 25 through 28 with the Kelowna regatta. You can climb aboard the old sternwheeler *Fintry Queen* for a dinner and dance cruise on Okanagan Lake. At Kelowna's outskirts stands the valley's first non-Indian settlement, Father Pandosy Mission, which you can tour.

O'Keefe Historic Ranch, north of Vernon, also offers a glimpse of pioneer days. It's typical of cattle spreads that once dominated this part of the province. South of Vernon, drive through the hills for views of Kalamalka Lake.

Cornucopia of local foods

The valley serves a sumptuous feast from the local harvest. Thousands of acres of apricot, cherry, peach, plum, pear, and apple trees are ripe with fruit from July through October. Fruit stands dot the roadsides.

More than 50 vineyards, primarily in the southern half of the valley, furnish grapes to numerous wineries, which are open for tours. To complement your wine tasting, stop for a tour and delicious samples at the Armstrong Cheese Plant, known especially for its zesty cheddars. The plant is in Armstrong just north of Vernon.

Valley lodgings

All three of the valley's cities have good, reasonably priced accommodations. The valley's only complete resort is the Lake Okanagan Resort, situated on the west side of Okanagan Lake, 11 miles north of Kelowna.

For additional information, write the Okanagan/Similkameen Tourist Association, Jubilee Pavilion, 185 Lakeshore Dr., Dept. BHG, Penticton, British Columbia, Canada V2A 1B7.

TRAVEL PLANNING

See page J3 for a listing of free travel information and literature you can order.

Travel Planning Guide Free Information

The *Better Homes and Gardens* travel advertisers listed below will provide you with free information about their facilities and services. Circle the numbers for the material you need, indicate your name and address, and we'll forward your requests to the appropriate advertisers. When using an advertiser's facility or service, please mention literature received through this *BH&G* service. Coupon expires one year after the month of this issue.

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3. **Bar Harbor, Maine's Island Paradise**—Free 96-page color brochure.
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7. **Cape Cod, Mass.**—Resort directory. Over 700 places to stay.
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11. **Disney! Epcot! Sea World! More!**—See it all from Kissimmee-St.Cloud.
12. **Dutch Wonderland Family Fun Park**—44 acres of rides, shows, and gardens.
13. **Eureka Springs, Ark.**—Looking Forward and Reaching Back. Great Passion Play, music.
14. **Fontainebleau Hilton**—Sun, surf, sports, sensational dining, dancing.
15. **Fredericksburg, Va.**—Historic buildings, Civil War battlefields, antiques, shops.
16. **Georgia**—"The Way to Fun"—76-page comprehensive travel guide.
17. **Hershey Has It All**—Entertainment, recreation, lodging, brochure.
18. **Hershey Pa., Best Western Inn**—Near Hershey Park. Luxurious, family pkgs.
19. **High Hampton Inn & Country Club, N.C.**—Blue Ridge Mountain resort.
20. **Idaho**—The Undiscovered America. Complete brochure/travel planner.
21. **Kiawah Island Resort**—32-page magazine, 2 resort villages, 21 miles to Charleston.
22. **LaPorte County**—Indiana's Dune Country. Family fun at Lake Michigan.
23. **Lee County, Fla.**—Florida's best vacation values—complete info pkgs.
24. **Litchfield by the Sea, S.C.**—A premier Carolina beach resort. Property info.
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26. **Maryland**—Capture a Maryland Memory with a free vacation planning kit.
27. **Massachusetts**—Share the Spirit and send for a free vacation planner.
28. **All About Michigan**—Free full-color brochure, map, calendar of events.
29. **Mystic Whaler Cruises**—Sailing vacations New England/Chesapeake Bay.
30. **Nassau/Paradise Island, Bahamas**—Water-sports, golf, tennis, nightlife.
31. **Nebraska**—Discover the difference. Send for free travel packet and map.
32. **New Hampshire Seacoast**—Bring the family! Free map and travel brochure.
33. **New Orleans**—Information on vacation, Creole food, and all that jazz.
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Figure Food



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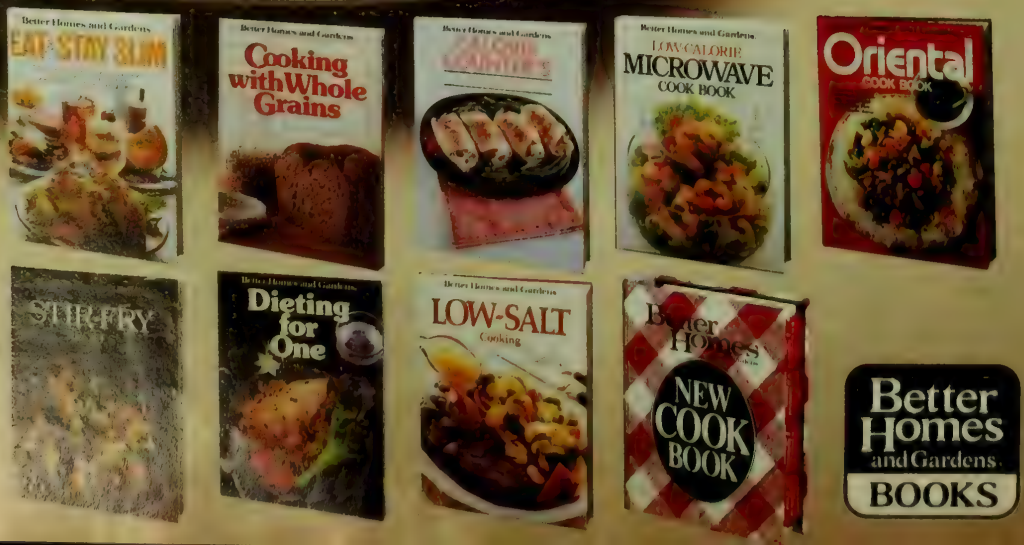


Harvest-of-Fruit Parfaits from Low-Calorie Microwave Cook Book.

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These cookbooks from Better Homes and Gardens will help you get in shape b eating sensibly yet delicious — you'll feel better because you'll eat better. Now at your bookseller's, or look fo the special display at your food store.



Better Homes and Gardens BOOKS

Energy-Miser Water Heaters

Using less hot water and wrapping your water heater with insulation may help save on energy costs, but keeping a tankful of hot water on tap for doing laundry or bathing still exacts a price. Conventional tank-style water heaters waste energy by maintaining a supply of hot water even when nobody's home and no hot water is needed. To avoid this kind of waste, expand your energy-saving strategy by installing a demand water heater.

How they work

Unlike conventional heaters, demand heaters are tankless; instead of storing heated water until you're ready for it, they heat only as much as you need at any one time. They switch on automatically when you open the hot water tap (a float valve inside the unit activates the heating element) and switch off when you close it.

Some demand water heaters are compact enough to be installed near the kitchen or bathroom faucet. Small electric models such as these have a replacement rate of about a gallon a minute. The larger units, which may be either gas-fueled or electric, will heat about three gallons a minute and provide enough hot water for the whole house. Prices range from $250 for the smallest models to $500 for the largest.

You supply power to a demand heater by connecting it to a gas or electric line in much the same way as you would a tank-type water heater. To tap in to your hot water line, install a tee and run metal or plastic pipe depending on local code requirements.

How to use them

How much you'll save on energy costs depends a great deal on how much hot water your family uses. For example, a demand heater is more likely to be cost effective if you take speedy showers rather than daily soaks in a steamy-hot tub. You can install another unit to boost the system's capacity, but a wiser course would be to install a demand heater near your kitchen or lavatory tap and adopt energy-saving measures that moderate the cost of operating your tank unit. Such measures could include lowering the thermostat from the traditional 140 degrees to about 100 degrees (the temperature of a really hot shower), installing a timer that switches off the heater when you're asleep or away from home, and replacing your present shower head with a water-saving head. For even greater savings team up your demand heater with a solar hot water system that incorporates these measures or renders them unnecessary.

For more information about demand heaters contact Tankless Heater Corp., Melrose Square, Greenwich, CT 06830; ITS Corp., 7450-E, E. Jewell Ave., Denver, CO 80231; Chronomite Laboratories, 21011 S. Figueroa St., Carson, CA 90745; Paloma Industries, 241 James St., Bensenville, IL 60106.

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Introducing Hinode, the new, sweeter-tasting rice only from California. Where rich soil, Sierra water and Sacramento sun combine for unique conditions ordinary rices don't get. Hinode, it's the sweet, little thing from California you'll be glad you met.

WIN A MAID FOR A YEAR!

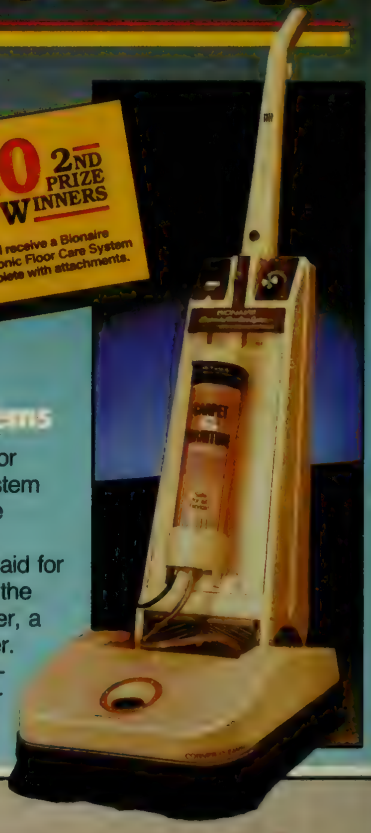
DO YOU HATE HOUSEWORK? IF SO, ENTER THE *BIONAIRE*...

CLEAN SWEEP Sweepstakes



4 GRAND PRIZE WINNERS
will receive maid service once a week for one full year.

10 2ND PRIZE WINNERS
will receive a Bionaire Electronic Floor Care System complete with attachments.



The Ultimate in Floor Care Systems

Having someone else to do your housework or having the Bionaire Electronic Floor Care System to make your job easier is what the sweepstakes is all about.

So, take a chance at winning a maid for a year or the greatest help-mate on the market today — it's a vacuum cleaner, a carpet shampooer and a floor polisher. It'll make the difference in your house-cleaning. The Bionaire Electronic Floor Care System.

TO ENTER

Finish the limerick, fill in your name and address and drop it into the entry box. (Valid only if deposited in store entry box)

There's no one who deserves more than me
to have their house cleaned weekly for free

_____
_____
_____

BIONAIRE®
BIONAIRE CORPORATION

NAME _____

ADDRESS _____ APT. # _____

CITY/STATE/ZIP _____

TELEPHONE ( ) _____

Void in Vermont

A limerick: Last words in lines 1 & 2 rhyme with line 5. Last words in lines 3 & 4 rhyme with each other.

BIONAIRE'S "CLEAN SWEEP" SWEEPSTAKES — OFFICIAL RULES

Here's How To Enter

1 On an official entry form or plain piece of 8½" x 11" paper (one side only), hand print your name, address, telephone number, and the limerick, providing, complete the limerick.

2 Deposit your entry in the receptacle provided no later than close of business, May 30, 1985.

3 All entries will be judged based upon the following criteria under the supervision of the D.L. BLAIR CORPORATION, an independent judging organization whose decisions are final on all matters relating to the promotion: originality and creativity — 50%; appropriateness to subject matter — 35%; sincerity — 15%. Please note: in a limerick the end words for lines 1 and 2 rhyme with line 5, and the end words for lines 3 and 4 rhyme with each other.

4 All entries become the exclusive property of Bionaire Corporation and will not be returned. Promotion open to residents of the U.S. only. Employees of Bionaire Corporation, its distributors, affiliates, subsidiaries, advertising and promotion agencies and their families of each are not eligible. Void in Vermont and wherever prohibited by law. Limit one prize per family. Taxes are the sole responsibility of the prizewinner. All federal, state and local laws and regulations apply. In the event of ties, duplicate prizes will be awarded. Prizewinner may be required to sign and return an Affidavit of Eligibility within 21 days of notification. In the event of non-compliance within this time period, an alternate winner will be selected. No substitution of prizes permitted. Any prize returned to the sponsor or to the D.L. Blair Corporation as undeliverable will be awarded to an alternate winner. We cannot be responsible for lost, late or misdirected mail.

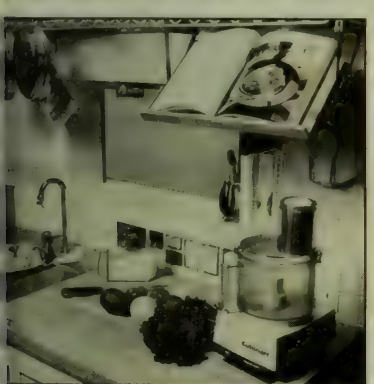
5 For the names of prizewinners, send a separate self-addressed stamped envelope to: Bionaire's Winners List, P.O. Box 4000, Blair, NJ 08009.

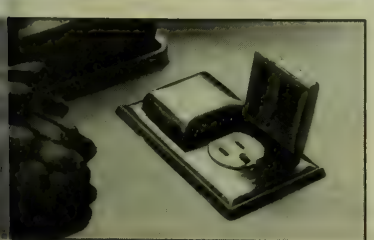
For your nearest participating dealer call us TOLL FREE: 1-800-524-0086
In N.J. call: 201-337-2110

Low-Tech Kitchen Convenience

Many time- and work-saving kitchen innovations depend on electronic wizardry, but others spring from basic common sense or impromptu inspiration. The examples here show some of these novel solutions.

This retractable shelf (*below*) places your open cookbook at eye level, protecting the pages from spills and spatters and freeing work space below for the task in hand. The holder is supported by burnished brass brackets that fold flat against the bottom of the wall cabinet when not in use. Units like this are available from cabinet manufacturers and mail-order specialty houses.





Standard duplex receptacles that are mounted horizontally on a work surface not only collect dirt but also pose a safety hazard. Try this ready remedy: a cover plate that's designed for outdoor receptacles (*above*). Some cover plates are available in a streamlined, polished-chrome finish that harmonizes with your kitchen appliances.

● Keeping a directory near your phone in the kitchen saves steps but where do you store it? Here's a neat solution: a side-mounted drawer that tucks into the wall cabinet (*left*). When it's closed, the drawer disappears into the false floor of the cabinet, and the drawer front fits flush with the end panel. Also, since the false floor aligns with the bottom edge of the glass insert, it affords a full view of items stored on the bottom shelf of the cabinet.



Photographs: Top, Hopkins Associates. Field editor: Pat Carpenter. Center, Karlis Grants. Field editor: Cathy Howard Bottom, D. Randolph Foulds. Design: Peter and Patricia Hallett. Field editor: Estelle Bond Guralnick



10¢ off any pack of Leo's.

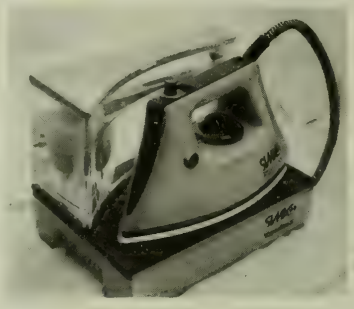


Mr. Grocer: Leo's will redeem this coupon for face value plus 7¢ handling when your customer purchases any package of Leo's® meats (2½, 4, 5 or 8-oz.) when terms of this offer have been complied with. Coupon will be honored only if submitted by a retailer of Leo's products or a clearing house approved by us and acting for such retailer. Invoices proving purchase of sufficient stock to cover coupons presented must be shown upon request. Limit one coupon per purchase. Void if prohibited, taxed or restricted. Cash value ½¢. Non assignable. To redeem, mail to Leo's,® P.O. Box 8990, Costa Mesa, CA 92660. Offer expires Dec. 31, 1985.

Store Coupon BHG585

Evaporate The Obstacles To Perfectly Ironed Clothes.

Announcing the first iron that's designed to make linen, silk, thick wool as manageable as polyester. And it isn't even an iron. It's the Simac Ironing System. Using a separate filtered water reservoir, the Simac can produce unprecedented amounts of steam. Continuously or in a single powerful blast. Flat or in an upright position for hanging fabrics.



Add to that its heatproof pad and retractable cord, and you begin to see why the Simac is rather expensive.

However, compared to the crisp pleat, the beautifully shaped lapel, the meticulous cuff, what's a little dent in the pocket?

SIMAC® DESIGNED BY PERFECTIONISTS. FOR PERFECTIONISTS.

©1985 Simac Appliances Corporation, 145 West Commercial Ave., Moonachie, New Jersey 07

DECORATING

Wall Cover-Ups

Today's wall coverings can cover up a lot of problems. Whether you want to hide cracked plaster, camouflage cinder block, or replace ceramic tile economically, there are special wall coverings that can do the job. You can usually find these cosmetic treatments at home improvement centers and can install them yourself. Here's a quick rundown on two such products that are particularly practical and attractive.

Berber Wall is a yarn-faced wall covering that has the nubby look of knitted wool. Its soft, delustered acrylic facing hides cracks and surface irregularities while adding warm texture to your decor. It also provides insulation against noise and cold drafts.

Berber Wall comes in eight natural colors that range in tone from off-white to light brown and gray. The slight color variations in the yarns and the woven texture give the wall covering an attractive heathery appearance.

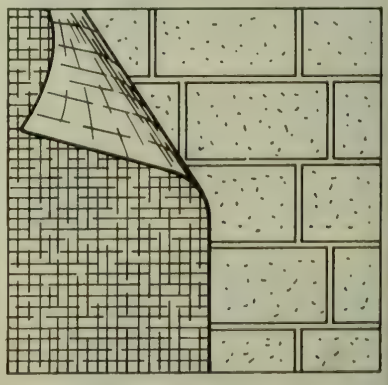
You can install Berber Wall over almost any dry surface with a heavy-duty vinyl adhesive, although a porous surface may first need to be coated with a primer or sealer. The nap of the wall covering conveniently hides seams and the flexible backing makes installation easy—even around tight corners.

The problem-hiding covering also is easy-care—just periodically vacuum it to remove accumulated dust and clean any soiled areas with a mild detergent and water.

To find out more about Berber Wall, write to *Textil Wall Corp., P.O. Box 1808, Dalton, GA 30720.*

Plaster-In-A-Roll is another problem-solving wall covering and can be installed with a special adhesive over cement block, glazed tile, glass, wood, and plaster. It's sold by the square yard and has a rough, burlaplike texture.

This gypsum-impregnated wall covering is mold- and mildew-resistant, so it's a good choice for areas in your home where moisture is a problem, such as damp basements or utility rooms. Plaster-In-A-Roll also is easy to maintain since it resists soil and withstands wear and tear. It also is flame-resistant.



Another plus of this particular wall covering is the wide range of colors available—you can choose from 35 different hues. You also can paint Plaster-In-A-Roll once it's in place. For more information, write to *Flexi-Wall Systems, P.O. Box 88, Liberty, SC 29657.*

Illustration: Blaser Kimball



Ziploc* Microfreez* Bags
are heat-resistant and built extra-wide at the bottom to stand up for filling and splatter-free cooking.



LEFTOVERS
Store all your leftovers in *Ziploc Microfreez Bags*. You can microwave them later in the same bag. No mess. No dishes to wash.



SINGLE SERVINGS
Busy people? Different schedules? Cook ahead of time and have fast meals ready to microwave. The whole family can help themselves any time.



VEGETABLES
For garden-fresh taste and texture, cook all your vegetables in *Ziploc Microfreez Bags*. Ideal for fresh, frozen, or canned.

*Trademark of The Dow Chemical Company.

MANUFACTURER COUPON / EXPIRES 6/1/85

SAVE 25¢ ON *ZIPLOC* MICROFREEZ* BAGS!*

Pint or Quart sizes

To Dealer: This coupon will be redeemed for face value plus 8¢ handling provided terms of offer have been complied with. Any other application constitutes fraud. Invoices proving purchase of sufficient stock to cover coupons presented for redemption must be shown upon request. Redemption through outside agencies, brokers, etc. will not be honored except where specifically authorized in writing by The Dow Chemical Company. Void if prohibited, taxed or restricted. Customer must pay any sales tax. Mail all coupons to The Dow Chemical Company, P.O. Box 3015, Elm City, NC 27898. Offer good only in U.S.A. Cash redemption value 1/100 of 1¢



Limit One Coupon Per Purchase.

25¢

*Trademark of The Dow Chemical Company

2813100

2813100

Grillmaster has a secret ingredient our competitors are dying to get their hands on.



It's called taste.

No matter which Grillmaster product you buy—Franks, Cheese Franks, Bologna, Sliced Luncheon Meats, or Smoked Sausage, you'll find our secret ingredient; rich, meaty taste. Plus one thing you won't find—a lot of calories. So try some high protein, great tasting Grillmaster meats, from Hygrade. Once you've tasted them, you'll be dying to get your hands on some more.

Grillmaster. It's the one with the secret ingredient. Taste.

©1985, Hygrade Food Products Corp., Detroit, MI 48219

D E C O R A T I N G

Stealing Space for a Home Office

A blossoming writing career sent Maxine Rock scrambling for work space until she found a solution hiding in the closet.

STEP-BY-STEP GUIDE TO RECLAIMING A CLOSET

Removing the closet doors and adding a double tier of shelves soundly established the newfound office. Next, Maxine angled in a custom-made white laminate desk, fashioned after a newspaper city desk. The desk forms a connecting line between the equipment area and the work surface. Along the wall, a compartmentalized bank of storage completes the work station, putting everything at arm's length.

Because this office requires only about half of the bedroom's 10×10-foot space, there's still room on the opposite wall (not shown) for an armchair and sofa bed. When duty calls, the double-duty spot can be pressed into service as a guest room or a getaway.

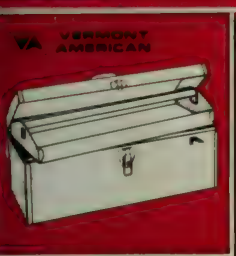
Photograph: Rick Taylor. Design: Maxine Rock and Blanche [illegible]. Field editor: Ruth Reiter



Thirty extra inches, found in a closet, turns a mere corner into an office.

Pro
Hardware • Home Center
• Lumber stores

SUPER SAVER SALE



TOOL BOX

SALE PRICED! $8.88

All purpose. Hip roof design. Lift out tray. Lockable draw bolt. (89219)



NIGHT LATCH

PRO SPECIAL! $4.29

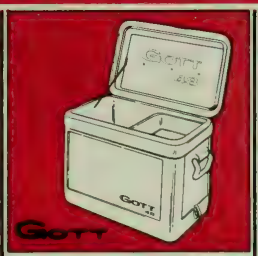
Features hold-open and spring latch for automatic locking. (45-3024)



KITCHEN FAUCET

$34.99 Less $5.00 mail in rebate

Washerless, chrome-finish. 5 yr. drip-free warranty. Easy installation. (072-22)



48 QT. ICE CHEST

SALE SPECIAL! $21.99

Large interior features removable food tray. Rust resistant hinged lid. (1948)



ENTRY LOCKSET

PRO PRICED! $7.99

Exterior use. Keyed locking. With deadlatch. Easy install. Brass fin. (400TUS3CP)



GUTTER SECTION

SUPER SAVER! $3.99

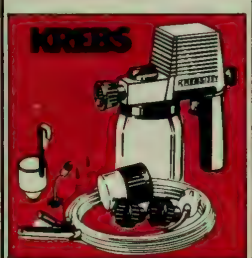
All Vinyl. "Snap-together." Guaranteed against rust, corrosion. (B-RB100, W-RW100)



LAWN BUILDER

SPECIAL PRICE! $5.99

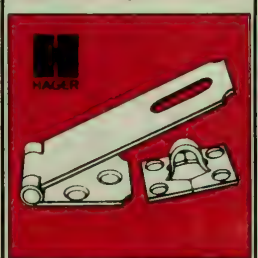
20 lbs. Slow-release feeding. (27-3-3) 20 lbs. lawn builder plus Trimec **$7.99** (25-3-3)



PAINT SPRAY KIT

SALE SPECIAL! $84.99

Acrylic/Latex airless, electric spray gun. Sprays 1 gal. in 11 minutes. (300)



SAFETY HASP

SALE SPECIAL! 69¢

4¼" zinc-plated for durability. Heavy-duty construction. (1911)



16" HEDGE TRIMMER

$34.99 Less $5.00 mail in rebate

Cuts & trims super fast, easy. Safety switch with "instant-off". (8124)

COUPON



WOOD BIT SET

SUPER PRICED! $6.99

5 fast-boring, high quality tool steel bits & 6" Ext. with hex key. (885E-R)

COUPON



100' CLOTHESLINE

SALE PRICED! $3.29

Braided. Flexible. Ties easily. Wipes clean. Many other uses. (11709)

COUPON



MULTI-USE SNIPS

SALE PRICED! $5.49

Cut light gauge sheet metal, screening, floor tile & more. (MPC3)

COUPON



LEATHER GRIPS

SPECIAL PRICE! $7.49

Split cowhide. New patented pre-curved construction. (1010)

COUPON



SUPER GLUE JELLY

PRO PRICED! 97¢

150 times thicker than reg super glue. Won't run on vertical surfaces. (SGGI)

SEE THE YELLOW PAGES FOR YOUR NEAREST PRO HARDWARE

SPECIAL PRICES END MAY 30, 1985 AT PARTICIPATING DEALERS

Pro Hardware

PROMART HOME CENTER

"Pro Advice Plus a Real Good Price"

INTRODUCING SUPER PREMIUM COFFEE FROM JOHANN JACOBS

Exposure to air causes coffee to grow stale; our double-wrapped vacuum pack is completely air-tight, the better to maintain aroma and flavor at the peak of just-roasted freshness.



Since 1895, the Jacobs family of European master blenders has been renowned for the quality of its coffee. Now at last, Johann Jacobs coffee comes to America.

Johann Jacobs is "super premium" coffee, the pick of th world's coffee crop, masterfully blended for luxurious aroma.

We offer a select range of distinctive blends in filter grin Rich Sovereign. Elegant Wundermild. Night & Day, the origina Swiss water decaffeinated. And the authentic Espresso Maestro Lorenzo.

Each pack is vacuum sealed upon roasting and stamped with a freshness dat Johann Jacobs coffee costs more than ordinary coffee. For those who consider good coffee one of life's true pleasures, it's worth it.

A Totable Lunch

Even when you're on the go, you can enjoy a lunch that's flavorful and light. This mobile meal packs a tasty combination of nutritious foods. Complete this lunch offering with a purchased single-serving can of vegetable juice cocktail.

MENU
Crunchy Fruit-Cheese Salad
Whole Grain Pumpkin Muffin
Vegetable Juice Cocktail

CRUNCHY FRUIT-CHEESE SALAD

This salad will keep cool if you tote it in a thermos with a wide mouth—

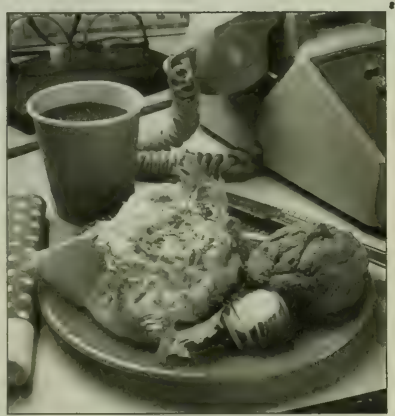
1 cup low-fat cream-style cottage cheese, drained
1 teaspoon lemon juice
¼ cup pineapple chunks (juice pack), drained and chopped
¼ cup finely chopped celery
2 tablespoons chopped walnuts
4 pitted whole dates, chopped

In a blender container combine the cottage cheese and lemon juice. Cover and blend till smooth. Stir in the drained pineapple, celery, walnuts, and dates. Cover mixture and chill. Makes 2 servings.

WHOLE GRAIN PUMPKIN MUFFINS

¾ cup all-purpose flour
½ cup whole wheat flour
½ cup toasted wheat germ
2 tablespoons sugar
2½ teaspoons baking powder
½ teaspoon salt
½ teaspoon ground cinnamon
½ teaspoon ground nutmeg
2 egg whites
¾ cup skim milk
½ cup canned pumpkin
¼ cup cooking oil
1 teaspoon vanilla

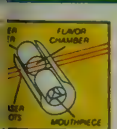
Stir together the all-purpose flour, whole wheat flour, wheat germ, sugar, baking powder, salt, cinnamon, and nutmeg. Make a well in center. Combine egg whites, milk, pumpkin, oil, and vanilla; add all at once to dry ingredients. Stir just till moistened. Spoon into greased muffin cups. Bake in a 400° oven 20 to 25 minutes. Cool 2 minutes in pan. Remove; cool. Makes 12.



Photograph: Mike Dieter

© Lorillard, U.S.A., 1984

Taste Extra!



True Laser-Cut "Flavor Chamber" Filter Shatters (Low Tar = Low Taste) Theory!

clusive Filtration Discovery.
e Laser-Cut "Flavor Chamber" Filter. A
narkable system that ends the longtime
ief that you need high tar to get high
e. Just one taste will prove it.

t True Against Your Higher Tar
nd. Today's True has a fuller, richer
or. A taste satisfaction we believe chal-
ges cigarettes containing twice as much
Yet True is still only 5 mg. tar!

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.



Regular: 4 mg. "tar", 0.5 mg. nicotine; Menthol: 5 mg. "tar", 0.5 mg. nicotine, av. per cigarette by FTC Method

Longer Lasting Smoking Enjoyment.
True's quality tobacco blend is packed with extra tobacco so you can enjoy each cigarette longer. Noticeably longer.



This True We Like.

BREAKTHROUGH True

"I use Ziploc Storage Bags for all my leftovers."



Believe it or not, there are a few meals even I have trouble finishing. For instance, the dessert table on the Queen Mary. That's when I need Ziploc* brand storage bags.

Ziploc Storage Bags have the unique zipper seal I can close easily. And once it's closed it stays closed. Which means food stays fresh longer.

But storing leftovers is only one reason why I use Ziploc Storage Bags.

DOM DELUISE'S VEGETABLE SALAD

1 small bunch broccoli
½ small head cauliflower
4 carrots
2 small zucchinis
2 celery stalks
1 red pepper
1 green pepper
2 cups quartered mushrooms
1 small onion, diced
½ cup fresh peas
½ cup safflower oil
3 tbs. fresh lemon juice
2 tbs. chopped parsley
½ tsp. dried dill weed
¼ tsp. tarragon
¼ tsp. black pepper
¾ cup mayonnaise
whole lettuce leaves
cherry tomatoes
1 Bermuda onion

Cut vegetables into bite size pieces. Steam together lightly and let cool. Then combine vegetables with lemon juice, oil and seasonings in a large Ziploc Storage Bag and mix well. Add mayonnaise. Store in refrigerator until ready to use. Serve on lettuce leaves; garnish with cherry tomatoes and raw Bermuda onion rings. Almost a meal in itself. Enjoy!

Ziploc Storage Bags also come in handy when the family is over for dinner. You see, my Uncle Louie uses them to bread the cutlets. Aunt Tessie tosses her salad in them. My wife Carol uses them to marinate her mushrooms. And my kids use them to sneak my sister Anne's butter cookies out of the kitchen.

What's more, I wouldn't limit myself to using just Ziploc Storage Bags. To me, that's like not going up for seconds or thirds. I also buy Ziploc Freezer Bags and Ziploc Sandwich Bags.

But when it comes to leftovers, Ziploc Storage Bags take the cake. And the cookies and the chicken and the fruit and the shrimp...



ZIPLOC. WE'VE GOT THE LOCK ON FOOD PROTECTION.

*Trademark of The Dow Chemical Company

NEW FEATURE

INTO THE OUTDOORS

WHEN A VACATION JUST NATURALLY MEANS AN ADVENTURE



Everybody knows that you need all the right gear—and then some—to have first-rate outdoor vacation adventures.

EASY OUTINGS AT SEA

Beginning the first week in June, America's biggest fleet of tall-masted schooners, the Maine windjammers, starts hosting landlubbers on vacations at sea. Life on board these ships, some dating back to the 1870s, is casual and fun. You can help hoist sails and crank up the anchor or just relax.

Ships follow the wind in Maine's Penobscot Bay, dropping anchor for sightseeing, swimming, hiking, and such, somewhere different every afternoon. Meals are delicious, accommodations cozy and comfortable. Weekly rates run $325 to $425 per person (minimum ages 12 to 16); shorter cruises also offered.

Contact: Maine Windjammer Assoc., Box 317P, Dept. BHG, Rockport, ME 04856 (800/MAINE-800).

SUMMER SKIING—WHY NOT?

Near the town of Bend in central Oregon's Cascade Mountains, Mt. Bachelor keeps its snowcap year-round, and a chair lift now hoists shirt-sleeved skiers to the sunny 9,000-foot summit every day from May 1 to the end of July. Downhill slopes are gentle enough for intermediate skiers, and the respectable 3,100-foot vertical drop allows long, uninterrupted runs. There's also cross-country skiing on the mountain's lower reaches into June. Lift tickets cost $15 a day, three days $42, seven days $84 (kids $9 to $42, respectively). Packages that include ski rentals also are available.

Contact: Mt. Bachelor, Box 1031, Dept. BHG, Bend, OR 97709.

A DANDY DIVIDED DUFFEL

You don't have to dig through this sturdy duffel bag top to bottom (see photo) to find what you want. With three roomy compartments, the bag is just right for stowing the gear of boaters, roadside campers, and day hikers. Mail order only ($37.50): ***Main Street Merchants, 12 Main St. N, Dept. BHG, Woodbury, CT 06798.***

PEDAL-POWER VACATIONS

Bicycling back roads is one of the best ways to enjoy the countryside. And though experienced bikers often pedal on their own, families may prefer to join organized tours that are led by knowledgeable guides. These tours usually are accompanied by support vans that carry your baggage, spare bicycle parts, and pooped pedalers. Some trips are easy, others more strenuous. Minimum age generally is about 12 or 13, when accompanied by an adult. But some tours accept kids as young as 9.

For a directory of more than 100 tour operators, including several in foreign countries, send $2 to ***BICYCLE USA, 6707 Whitestone Rd., Dept BHG, Baltimore, MD 21207.*** Other bike tours (minimum age 18) are organized by ***Bikecentennial (The Bicycle Travel Association), Box 8308, Dept. BHG, Missoula, MT 59807.*** Bikecentennial also supplies route maps and instruction materials for independent touring.

MINI-BINOCULARS

These new trouble-free binoculars (see photo) are designed around an enclosed focusing system. They won't even jam up in the rain. Their visual quality is superb, and they're lightweight and easy to hold. Folded, the binoculars fit into your pocket or into their compact case, which has a loop to slip onto your belt. For wildlife watching and similar pas-

continued

Photograph: Steve Niedorf

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WORLDWIDE LODGING

Make reservations at any Best Western, see your travel agent, or call 1-800-528-1234.

"World's largest chain of independently owned and operated hotels, motor inns, and resorts"

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NOW RENT A NEW LUXURY MOTORHOME AND SAVE 10% with coupon*



HOLIDAY RAMBLER

Enjoy the vacation of your dreams at an unbelievably low rate.

Rent a Class A motorhome that sleeps six. Luxury equipped with stereo, microwave and full bath.

Go round-trip or one-way. And you're backed by a free 24-hour road service from over 1250 service centers in the U.S. and Canada.

Reserve yours now at your U-Haul Center. Find us in the white pages.

*When you join our Rental Club. No membership fee. No other discounts or special offers apply.

U-HAUL REC VEE RENTALS

More for your money at your U-HAUL® Center

RVBH-2

INTO THE OUTDOORS

continued

times, the 9×26 model is great ($193). Other models run $158 (7×22) to $281 (7-to-18×28 zoom). Manufactured by Minolta, the binoculars are sold in major department stores, as well as in optical and camera shops.

■ PRIME-TIME CAMPSITES GUARANTEED

As an added convenience for summer family camping trips, you can reserve campsites at 11 of our busiest national parklands: Acadia in Maine; Shenandoah in Virginia; Cape Hatteras in North Carolina; Great Smoky Mountains in North Carolina and Tennessee; Mammoth Cave in Kentucky; Rocky Mountain in Colorado; Grand Canyon in Arizona; and Yosemite, Sequoia–Kings Canyon, and Joshua Tree in California.

Each parkland still has a campground with sites available on a first-come basis. But to get a spot during the busy season, you must arrive early in the day—and even then you can't be sure of a site.

Reservations can be made in person up to eight weeks in advance at Ticketron outlets, or you can get a free reservation form that can be mailed to Ticketron by writing to: ***National Park Service, U.S. Dept. of the Interior, Public Inquiries Office, Dept. BHG, Washington, DC 20240.*** The reservation charge is $3; overnight fees run about $6 to $7 per site.

■ PICKING THE PERFECT PACK-TRIP OUTFITTER

If a horseback pack trip into the wilds is your kind of vacation, the following contacts will give you a head start in finding a good outfitter:

- ***National Forest Recreation Assoc. (Gaylord Staveley), Rte. 3, Box 210, Dept. BHG, Flagstaff, AZ 86001.***
- ***North American Outfitters Assoc. (Rhoda Cook), Box 631, Dept. BHG, Hot Springs, MT 59845.***
- ***The Dude Ranchers Assoc. (Amey Grubbs), Box 471, Dept. BHG, La-Porte, CO 80535.***
- ***American Forestry Assoc. (Mary Ellen Walsh), 1319 18th St., NW, Dept. BHG, Washington, DC 20036.***

Besides considering price, which averages about $75 to $100 a day per

continued

A Lasting Tribute to America's Vanishing Breeds...



resenting a fine, limited-edi-ion porcelain figurine, reated by famed American culptor Roger Brown, and ıspired by one of the most ıtriguing of all wild ani-ıals: the blue-eyed, Eastern ougar.

Throughout history, the forces of ature have threatened the survival some of the world's most inter-sting and unusual breeds. To focus tention on these endangered spe-es, famed sculptor Roger Brown nd River Shore, have pro-ıced their first-ever limited-edi-on collection of animal figurines spired by *Babies of Endangered ecies.*

After months of research, Brown ıose "Sidney" the Eastern cougar premiere this collection because his handsome looks and playful anner. This tawny-buff and brown ıugar's blue eyes dance as he rolls ı his back and toys with a twig. His pressive tail wags between his gs.

It has been three years since Roger own has offered a baby animal gurine, and thus the "birth" of idney" is causing a stir among ollectors who know that many Brown works – especially his first-issue "Akiku" seal figurine from 1978 – have appreciated significantly in value in the market place.

"Sidney" is the first of eight Roger Brown original sculptures in the *Babies of Endangered Species* Figurine Collection – including a baby grizzly bear, a sea otter and five other charming, hand-painted porcelain pieces. As a series subscriber, you will be issued subsequent pieces at intervals of every two months at the guaranteed issue price of $45.00 for each figurine, payable in two convenient installments.

There is no risk to you in ordering now under The Hamilton Collection 100% Buy-Back Guarantee. You may return "Sidney" or any succeeding figurine at any time within 30 days of receipt for a full refund. Each issue will be accompanied by a Certificate of Authenticity, attesting to its status as part of the limited edition of 15,000.

Because the edition is so small compared to the number of Brown and River Shore collectors, and because of the charm and appeal of "Sidney" and the widespread reputation of sculptor Roger Brown, a *prompt sellout is anticipated.* Be sure to return your reservation by the final postmark date to guarantee its consideration. To be safe, order today! The Hamilton Collection, 9550 Regency Square Blvd., P.O. Box 2567, Jacksonville, FL 32232.

FINAL POSTMARK DATE: **May 31, 1985**

Please accept my subscription to the *Babies of Endangered Species* Figurine Collection. Each of the eight figurines is limited to an edition of 15,000, as documented by an accompanying Certificate of Authenticity. The original issue price for each is $45.00 (plus $2.14 postage and handling), payable in two equal installments, with the first installment due prior to shipment. Figurines will be issued approximately every two months.

I prefer to pay the initial installment for my first figurine as follows:

☐ **With this order.** I enclose my initial payment of $23.57*.

☐ **By credit card.** Charge $23.57* to my credit card as follows (check one only):
☐ MasterCard ☐ Visa
☐ American Express ☐ Diners Club
Acct. No. _____
Exp. Date _____

*Florida residents add $1.18 sales tax. Illinois residents add $1.65 state and local tax.

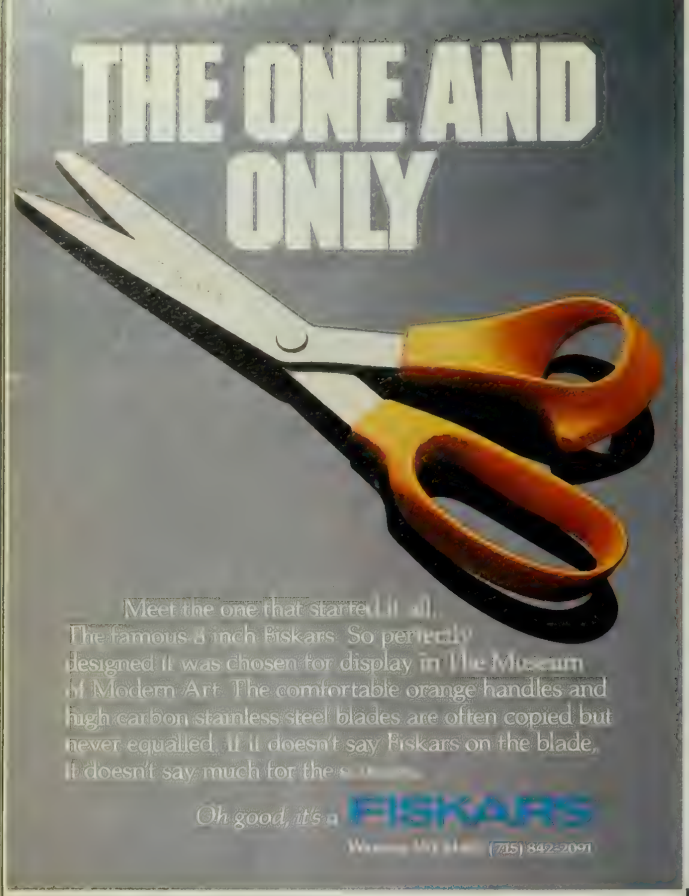
Name _____
Address _____
City _____ State _____ Zip _____
Signature _____

Charge orders must be signed to be valid.
All applications are subject to acceptance.
Please allow 6 to 8 weeks for delivery.

54221

The Hamilton Collection
9550 Regency Square Blvd., P.O. Box 2567
Jacksonville, FL 32232

© 1985 HC



6. What accessories are available to add on at a later time?

Take a close look, too, at general workmanship, with special attention to the suspension and lifter system.

Tent-camper dealers normally are listed under "recreational vehicles" in the telephone book Yellow Pages. Or you can get distributor lists, along with catalogs, from manufacturers like: ***The Coleman Co., Camping and Trailer Div., Dept. BHG, Somerset, PA 15501,*** and ***Starcraft, Marketing Services, Dept. BHG, W. Michigan Ave., Topeka, IN 46571.***

■ GRUB ON THE GO

Except at improved campsites with fire rings or grills, open fires are now outlawed on most public lands. That means you must carry your kitchen with you on trip into the boonies.

Backpacking stoves of th white-gas type heat faste and burn hottest. But whit gas is highly flammabl Carry it in an aluminu fuel bottle with vented spou to reduce risks of spills o fume buildups. Butane an propane units are safer an easier to handle, but gene ally weigh more.

Sets of pots and pans tha "nest" together to sav space, as well as hinged cu lery, are sold in campin goods stores. In additio hang what's called a "Sier cup" on your pack. You ca drink and cook in this stai less steel container. For w ter and other potable liquid choose plastic bottles ov metal canteens. The bottl are cheaper, lighter, an won't distort the flavor what's inside.

INTO THE OUTDOORS

continued

person, check into how long the outfitter has been in business, if the operation is licensed, the number of riders and wranglers per party (there should be at least two wranglers for groups of more than eight to 10 riders), distances covered, nature of the terrain, and whether or not the pack-trip staff attends to housekeeping chores.

■ TENT-CAMPER SHOPPING TIPS

"Pop-ups," "fold-downs," or whatever you call them, the compact, lightweight tent trailers that look like flat boxes rolling along the highways behind cars are ideal for comfortable roadside camping. Opened up, tent campers provide bunks for up to six or eight, plus sitting space, kitchen facilities, sometimes even showers. Prices, depending on size and optional extras, run $1,500 to $7,000.

To find the model that suits you best, tell the dealer the size of your family and the kind of car you use for towing (be sure the vehicle can pull the camper you're considering). Then check out the following questions:

1. Does the tent camper meet highway codes in your state? If not, what types of modifications will be required?

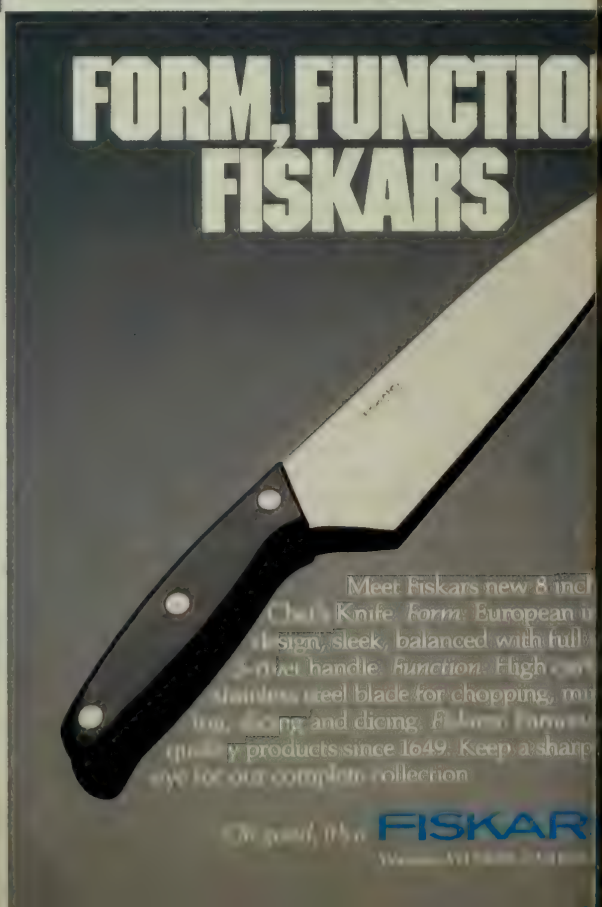
2. Is the unit easy to set up (one adult should be able to do it)?

3. Is storage inside the unit adequate?

4. Are there separate lighting and utility connections?

5. Are the counter, sink, and stove all conveniently positioned?

continued




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Grand European Vacations

Hassle-Free Touring Strategies

By George S. Bush





Thanks to economical air fares and a favorable exchange rate that helps stretch your dollars when you get there, Europe is an excellent vacation value. From any of these four convenient locations, you can launch out on day trips to explore much of the continent. Between outings, there's lots to see and do in the area, including enjoying the terrific ices sold in Europe.

To see a lot of Europe at an enjoyable pace, the best bet is to make your family temporarily at home in a pleasant location and fan out from there on day excursions. If you pick the right spot, you'll be surprised and delighted by how much territory—even in several countries—you can cover by bus, train, or rented car between breakfast and bedtime.

Kids, especially, benefit from this relaxed approach. Being hustled from sight to sight wears them out fast, and too many impressions all at once confuse them even more than they do you. But with a home away from home, youngsters can enjoy themselves in their own style between your outings.

This also is one of the least expensive ways to vacation in Europe. You eliminate the daily hassle of checking in and out of hotels, plus all the hidden costs that go with it: tips left and right, taxi fares, and expensive meal tabs because nobody has the energy to scout out economical restaurants beyond the hotel. Even more important, when you stay put, your family can take advantage of low-cost vacation apartment rentals, which is how many European families vacation.

Four favorite locations

The four locations that we describe make excellent bases for such leisurely visits to Europe. Each supplies an array of touring possibilities, and the locations themselves have much to offer. You'll also be comfortable at these destinations without speaking the language, and you can arrange accommodations with minimum fuss.

Contact the information sources included in our overviews and those listed on page 199 for additional details and to make arrangements for your visit. Regardless of which destination you pick, try to plan at least a two-week visit. One week is okay, but since getting to Europe and back is your biggest single expense, you'll want to stay as long as you can.

Note: Prices quoted are for the summer season, based on current exchange rates when we went to press, and may vary somewhat as the value of the U.S. dollar fluctuates overseas.

continued

Western Europe
Holland's Limburg Province

From the Netherlands' convoluted border, a panhandle protrudes south between Germany and Belgium. This wedge has been marched over in every major war since Roman times—and no wonder. Its location makes it the geographic hub of western Europe. Paris is almost as near as Amsterdam, the English Channel not much farther than the Rhineland.

Maastricht and Valkenburg

Here, amid château-sprinkled hills and yesteryear villages of Limburg Province, is Maastricht, Holland's oldest city, which predates even the Romans. Next door is Valkenburg, a Dutch summer resort that's popular with Britons. You couldn't find a pleasanter, more convenient base for touring this part of the continent.

Sight-seeing coaches depart Maastricht and Valkenburg on weekly schedules in all directions, returning the same night. They head for Paris, Brussels, Cologne, the tiny country of Luxembourg, Germany's Rhine and Mosel valleys, and the Ardennes of Battle-of-the-Bulge fame.

One coach follows an especially scenic route touching four countries. Another takes you to nearby Liège, Belgium, where you board a cruise boat to return to Maastricht on the Albert Canal and Meuse River. Long tours, like the one to Paris, start early and come back late at night. Prices run about $22 per person for long trips, shorter tours $12 to $15.

Choose your home base

Whether you prefer Maastricht or Valkenburg depends on your choice of atmosphere. Maastricht is for strolling cobblestone streets, admiring centuries-old buildings, shopping, and experiencing the peculiarly European ambience of sophisticated modern life blended with an ancient setting.

Valkenburg is leisure-oriented, with outdoor cafés and activities like golf, tennis, and swimming. Also in the area are numerous country inns and château hotels, which are practical only if you rent a car.

In your visit to Paris, include Luxembourg Gardens, once the domain of royalty. Children now go for pony rides amid the pools and fountains.



Germany's Mosel Valley is famed for its romantic scenery. You can be there in a couple of hours via excursion bus or rental car.





Low cost or luxury

The bargain way to vacation is to fly Icelandair to Luxembourg (about $600 to $660 in summer) and take the free airline bus to Maastricht. There's a free bus to Frankfurt, Germany, too, where rental cars cost less than in Holland. You then can sight-see the Rhine and Mosel valleys en route to Maastricht. Or you can rent a car in Luxembourg. Either way, compacts just large enough for a family of four with minimum luggage run about $120 a week, unlimited mileage.

Apartment/bungalows that sleep up to eight range from $150 weekly in the Valkenburg area to $250 in Maastricht. Make reservations through the **VVV Vakantie BoekingsCentrale, Box 210, 6300 AE Valkenburg, Netherlands.**

The luxury way to vacation is to buy a package that includes air fare and seven nights lodgings. In July and August, these start at about $940 per person from New York ($1,000 from Chicago, $1,010 from Atlanta), with hotel lodgings in Maastricht (extra nights $27 per person). For about $100 a person more, you can stay at a charming château hotel outside Maastricht and get an unlimited-mileage rental car (extra nights $45 up per person). Arrange packages through **Unitours, 8 S. Michigan Ave., Chicago, IL 60603.**

continued



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Gateway to the Mediterranean
Lugano

Fences and houses blur as express trains from Zurich, Switzerland—some direct from the airport—whoosh across the Alps in under three hours. With stunning suddenness, you arrive in a different world. Gone are rock walls and sky-scraping ice fields. Palms and palmettos adorn gardens, and the scent of mountain fir yields to the perfume of tropical blooms.

Splendid combination

Lugano, a lake city as magic as its melodic name, lies at this threshold between north and south. Though Lugano is in Switzerland and shares that country's singular efficiency and cleanliness, natives speak Italian and their exuberance bears witness to their ancestry. Indeed, a slice of Italian soil lies just across the lake—a 10-minute boat ride—and it takes only an hour by train or car to reach Milan, three hours to reach the Mediterranean port of Genoa and the Italian Riviera.

Overnight tours

Weekly apartment rentals in Europe normally are so reasonable you won't feel like a spendthrift if you decide to stay elsewhere for a night during a sight-seeing excursion. If your base is a hotel, notify the manager of your plans beforehand. Chances are he'll store your luggage for you and won't charge while you're gone.

Not surprisingly, Lugano is a day-tour hub, with excursion buses to favorite destinations like the lakes of Como and Maggiore and their opulent villa-museums; to Italian villages famed for colorful street markets; to Milan for shopping and to see the opera house; even to Venice. That trip, to be sure, takes from early morning to late at night, but gives you seven hours in the city of canals.

Nor is the alpine north neglected. One coach tour crosses four passes on Europe's great divide, separating watersheds of the Rhine and Rhone. Another visits posh St. Moritz. Fares run about $6 to $30 (for Venice).

Weekly markets in little towns all around Lugano are as renowned for their entertainments as for their enticing foods.



The Italian Riviera, with its sun-drenched Mediterranean beaches, lush hills, and ornate villas, is easily visited out of Lugano.





Lugano lingering

Despite these alluring options, you'll be tempted to stay put. With its promenades and parks, outdoor cafés, and shops and restaurants, Lugano is a wonderful place to linger.

Shores of its many-branched lake also abound with attractions. Above lapping waters, old villages climb terraced hillsides. Boats circle the lake from village to village. With a Swiss Holiday (rail) Card, you ride for free. Funiculars scale two mountains that frame the lake; an aerial cable car swings up a third. Their summits look down on blue Swiss-Italian lakes and to the Alps beyond.

Vacation apartments/villas cost about $25 to $70 a night, depending on size and location. Most require minimum two-week stays. A number of fine hotels also offer seven-night bed-and-breakfast packages for $190 per person, including local excursions.

If you rent a car, consider small lakeside hotels in suburban Melide. A room for four at Hotel Battello runs $50 a day, with breakfast. For rentals and hotels, contact the **Lugano Tourist Office, Riva Albertolli 5, CH-6901, Lugano, Switzerland.**

continued

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Frittata Loretta

Preparation Time: 30-45 minutes.

Frittata's an open-faced omelette that's perfect for quick meals. Try it with your own fillings, too!



Base

Butter Flavor Crisco

- 2 tablespoons ~~Margarine~~
- 6 eggs
- ½ teaspoon salt
- Dash pepper
- ½ cup grated Swiss cheese

Filling

- ½ cup diced ham or bacon
- 1 cup sliced mushrooms
- 2 tablespoons chopped parsley
- 2 tablespoons chopped green onions
- 2 tablespoons chopped red or green peppers

Preheat the broiler.

Beat the eggs with salt and pepper. Stir in grated cheese and filling ingredients.

In a heavy, ovenproof 10-inch skillet, melt Butter Flavor Crisco over medium heat. Add the egg mixture and lower the heat. Cook undisturbed until the bottom is golden brown when edge is lifted.

Put the skillet 6 inches under the source of heat in the broiler for 30 seconds, or until the top is golden brown. Cut into wedges.

4 servings.

"Butter Flavor Crisco is made just for cooking, margarine isn't. So when the recipe says margarine, use Butter Flavor Crisco instead...



...for more buttery taste

Loretta Lynn

Central Europe
Southern Bavaria

At Germany's southeastern tip, almost within yodeling distance of the Austrian frontier, lies Berchtesgaden, long one of Bavaria's most popular vacation spots. Besides the region's inherent charms—mountain lakes, romantic castles, fairy-tale woods, and snug villages—what's made Berchtesgaden so desirable is this location. It puts much of central Europe within reach.

Bonuses of Berchtesgaden

No other holiday town offers so many excursion possibilities and such large fleets of touring coaches that travel to Munich, Salzburg, Vienna, Venice, the Austrian and Italian alps, Bavarian castle country, even Yugoslavia. That's a day trip with a three-hour stopover (about $14). Other excursions are equally reasonable. Venice, the farthest, runs $26; nearby Salzburg, Mozart's hometown and music-festival city, costs only $5. Without a rental car, you won't find a handier spot to explore this part of the continent.

Don't try to see everything

During your vacation, plan no more than two major excursions in one week, and no more than five in two weeks. At the start, you'll probably want a couple of days to get settled in. You'll also enjoy your visit more if you allow time to explore the location where you're staying between outings.

In the immediate area, you can walk in the countryside, enjoy water sports, visit a salt mine, and take an adventurous bus ride to the Eagle's Nest, which Hitler built for Eva Braun and is now a restaurant.

Vacation apartments average about $35 a day for a family of four. There also are good hotels and guesthouses with rates from $15 to $30 a day per person, including breakfast. Through the local tourist office, tentative reservations will be made if you write

The canals and palaces of Venice are a day trip away when you stay in Bavarian-cozy Berchtesgaden.



You can reach the village of Ramsau and its chapel, one of Bavaria's most famous country churches, in less than 30 minutes from Berchtesgaden.





to the office saying what you want when. You then have a couple of weeks to send your deposit. Write to **Kurdirektion Berchtesgaden, Postfach 2240, D 8240 Berchtesgaden, West Germany.**

More versatile vacationing

With a rental car, you have even more flexibility, not only when it comes to tours but also lodgings. Then you don't have to stay in the center of town, but can choose accommodations in pretty little villages all around.

In that case, check out the WunderBargain program, arranged by the German National Tourist Office and available through travel agents. You pay $104 or $137 per person for six nights and breakfasts in country inns nearby. A similar WunderPackage gives you even more versatility, since it includes country inns (starting at $19.50 a night per person) all over southern Bavaria.

Either way, you fly Lufthansa or another major airline to Munich and pick up your car there at Germany's favorable rental rates. For details, contact **Hedy Wuerz, German National Tourist Office, 747 Third Ave., New York, NY 10017.**

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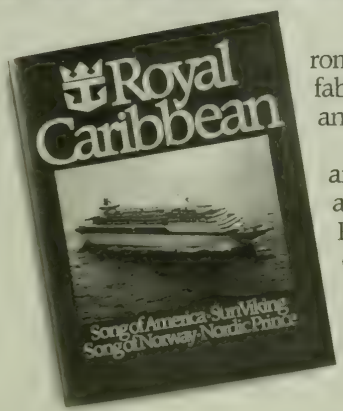
EUROPE

continued

For more details, contact tourism offices of the appropriate countries.

- **Austria**—Gerhard Markus, Austrian National Tourist Office, 500 Fifth Ave., Dept. BHG, New York, NY 10110.
- **Belgium**—Frederique Raeymaekers, Belgian Tourist Office, 745 Fifth Ave., Dept. BHG, New York, NY 10151.
- **France**—George Hern, French Government Tourist Office, 610 Fifth Ave., Dept. BHG, New York, NY 10020.
- **Germany**—Hedy Wuerz, German National Tourist Office, 747 Third Ave., Dept. BHG, New York, NY 10017.
- **Holland**—Hank Fisher, Netherlands Board of Tourism, 576 Fifth Ave., Dept. BHG, New York, NY 10036.
- **Italy**—Amelia Medwied, Italian National Tourist Office, 630 Fifth Ave., Dept. BHG, New York, NY 10111.
- **Luxembourg**—Anne Bastian, Luxembourg National Tourist Office, 801 Second Ave., Dept. BHG, New York, NY 10017.
- **Switzerland**—Erika Faisst, Swiss National Tourist Office, 608 Fifth Ave., Dept. BHG, New York, NY 10020.

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Buying Guide

Most of the products shown editorially in Better Homes and Gardens® can be obtained in leading local stores. For more information, write the manufacturers listed. Some privately owned or custom-made items are omitted from the product listing.

WORTH-THE-WAIT REMODELING

Pages 42–43: Doors, windows—Pozzi Mfg. Co., P.O. Box 5249, Bend, OR 97708. **Armchairs**—Collections, 5726 W. Washington Blvd., Los Angeles, CA 90016. **Sofa fabric**—Hinson & Co., 251 Park Ave., S, New York, NY 10010. **Love seat fabric** "Aerial"—Donghia Textiles, Inc., 41 E. 11th St., New York, NY 10003.

Page 44: Chairs—LaCor Wicker, 5772 McFadden Ave., Huntington Beach, CA 92649. **Chair cushion fabric** "Box Office"—Waverly Fabric, 7 Hoosac St., Adams, MA 01220.

Page 45: Cabinets, countertops—Venti Cabinets, 344 E. Myrtle, San Marcos, CA 92069. **Laminate**—Lamin Art, 8181 Alvardo Rd., La Mesa, CA 92041. **Dishwasher**—KitchenAid Div., Hobart Corp., Troy, OH 45374. **Microwave**—Litton Microwave Cooking Products, 405 Xenium Ln., Minneapolis, MN 55441. **Refrigerator**—Amana Refrigeration Co., Amana, IA 52203. **Cooktop**—Thermador, Div. of Norris Ind., 5119 District Blvd., Los Angeles, CA 90040.

GARDENER'S LOG

Page 52: Summer and winter squash—Burpee Seed Co., Warminster, PA 18991. George W. Park Seed Co., Inc., P.O. Box 31, Greenwood, SC 29647.

BUILD YOUR OWN BATH PROJECTS

Page 58: Tub/shower unit—Kohler Co. (address above). **Shower curtain**—Sears, Roebuck & Co., Sears Tower, Chicago, IL 60684.

Page 60: Sink and toilet—Kohler Co., Kohler, WI 53044. **Faucet**—Delta Faucet Co., P.O. Box 31, Greensburg, IN 47240.

PRETTIEST EVER ONE-STITCH CRAFTING

Pages 80–82: Embroidery floss—DMC, 107 Trumbull St., Elizabeth, NJ 07206. **Lace trim** on pillows—De Dutch Lacery, 620 Franklin St., Pella, IA 50219.

GREAT SHAPE-UPS FOR PROBLEM KITCHENS

Page 117: Window blinds—Levolor Lorentzen, Inc., 1280 Wall St., W, Lyndhurst, NJ 07071. **Light fixtures**—Galaxy Fixtures, 647 Mission St., San Francisco, CA 94103. **Microwave, dishwasher, refrigerator**—Modern Maid Co., 403 N. Main St., Topton, PA 19562. Island grill—Jenn-Air Corp., Div. of Maytag, 3035 Shadeland, Indianapolis, IN 46226.

Page 119: Dishwasher—KitchenAid Div., Hobart Corp., Troy, OH 45374. **Range**—Wolf Range Co., 9600 S. Alameda St., Compton, CA 90224. **Bar sink faucets** "Toobs"—H.U.D.D.L.E., Dept. BHG, 416 Wesley, Culver City, CA 90230.

SIMPLY BEAUTIFUL

Page 126 (*bottom*): Fabric for pillows and tablecloth—Brunschwig & Fils, Inc., 410 E. 62nd St., New York, NY 10021.

Page 128 (*bottom left*): Window shade outer fabric—Glant Fabrics, P.O. Box 3637, Seattle, WA 98124. **Side chair**—National Upholstering Co., 4000 Adeline St., Oakland, CA 94608. **Bed lamps**—Koch & Lowy, Inc., 21-24 39th Ave., Long Island City, NY 11101. **Bedside table**—Wicker Works, 650 Potrero, San Francisco, CA 94110.

Page 129: Chairs—Stendig, Inc., 410 E. 62nd St., New York, NY 10021. **Blinds**—Verosol USA, Inc., RIDC Park West, 224 Park West Dr., Pittsburgh, PA 15275.

FISH! FAST AND EASY TO FIX

Page 136: Grill—Weber-Stephen Products Co., 100 N. Hickory Ave., Arlington Heights, IL 60004.

Page 137: Dish—Pyrex, Corning Glass Works, Corning, NY 14830.

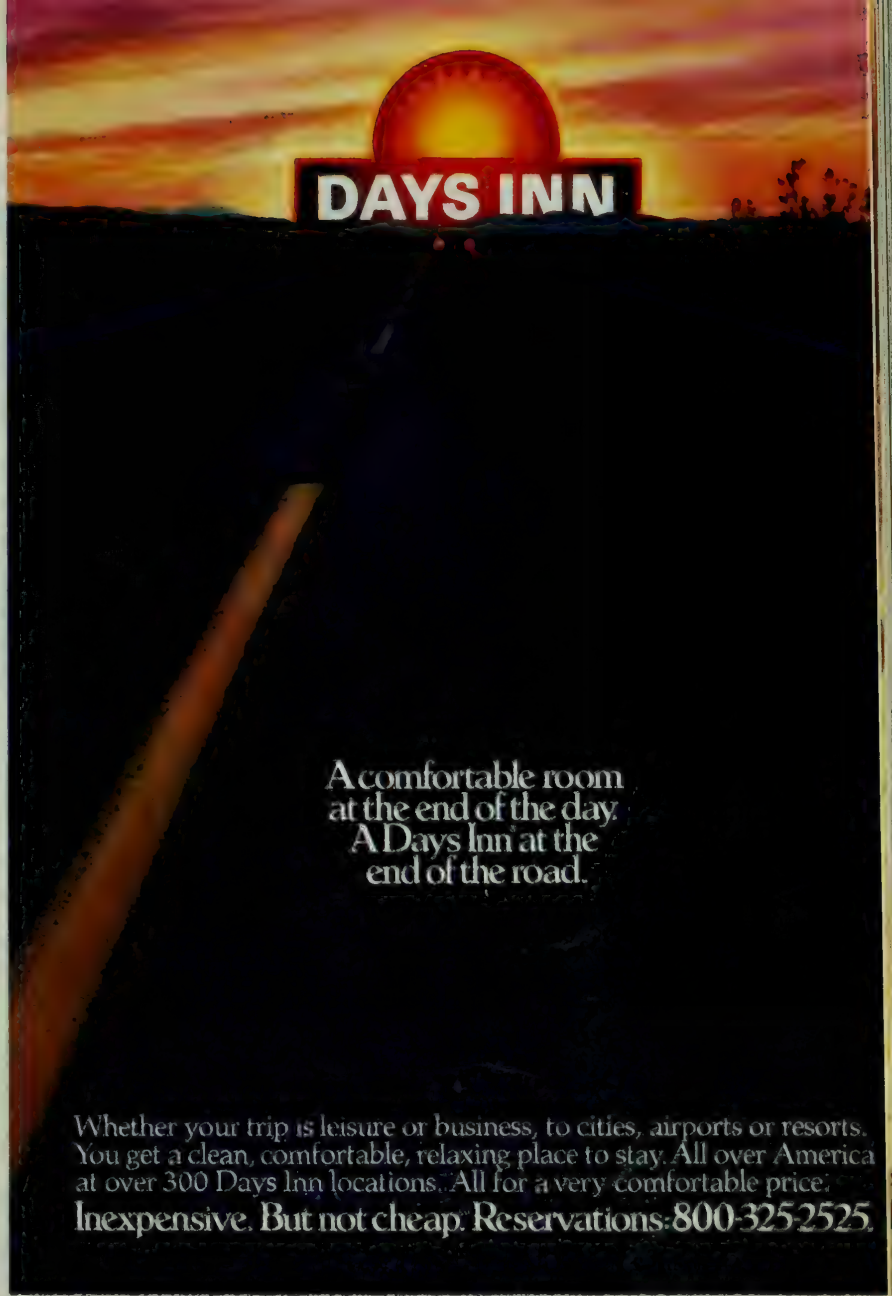
Page 138: Measuring cup—Pyrex (address above).

Page 140: Casserole—Anchor Hocking Glass Corp., Fifth & Pierce Sts., Lancaster, OH 43130. **Microwave oven**—Whirlpool Corp., Benton Harbor, MI 49022.

PRIZE TESTED RECIPES

Page 157 (*left*): Pie plate "Colbalt"—Manufactured by Western Stoneware for The Great American Stoneware Factory, P.O. Box 288, 521 W. Sixth Ave., Monmouth, IL 61462. **(*Right*): Fork** "Vermeer"—Oneida Silversmiths, Consumer Service Dept., Oneida, NY 13421. **Dinner plate** "Coburg"—Villeroy & Boch Tableware Ltd., 41 Madison Ave., New York, NY 10010. **Platter**—Rosenthal USA Ltd., 411 E. 76th St., New York, NY 10021.

Page 158 (*right*): Plate—Franciscan "Smoke Grey"—Franciscan Ceramic Tile, 2901 Los Feliz Blvd., Los Angeles, CA 90039.



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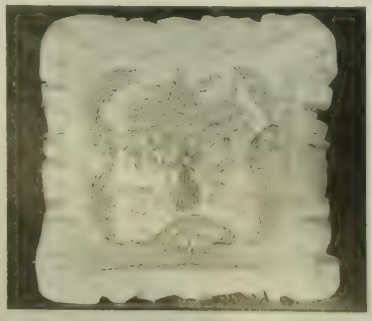


SHOPPING

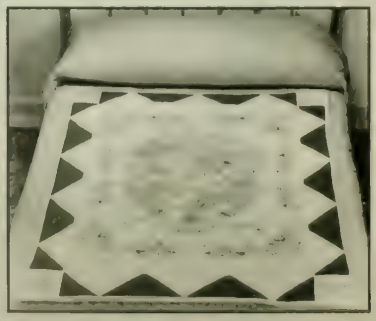
How To Order . . . Special Offers, Project Plans, and Kits Featured This Month in *Better Homes and Gardens*®

***Better Homes and Gardens*® Family Shopping Service has selected the products shown on this page to help you re-create in your own home the ideas shown on our editorial pages. You save time because we've done the shopping for you. And you can be completely confident the kits, patterns, cookware, cookbooks, and accessories presented on this page are of the highest quality and meet our strict standards of excellence.**

One-Stitch Embroidery Projects. All of the lovely projects shown by our crafts editors on pages 80 to 82 have been embroidered using one simple outline stitch. You can use these lovely floral motifs on designs of your own creation by ordering our preprinted fabric kits or our easy-to-use iron-on transfer patterns. **Available *exclusively* from *Better Homes and Gardens*® Family Shopping Service.**



Pillow Kits. Choose our *Lily-of-the-Valley* and *Flower Basket* designs for these 18 x 18 inch pillows or shams. Each design is preprinted on crisp, bleached white cotton/polyester fabric and complete kit includes red cotton floss, fabric for backing and ruffle, needle, and complete, easy-to-follow instructions.



Quilt Top. Our *Hands and Flowers* motif is re-created in this lap quilt kit. The design is preprinted on 45 x 40 inch crisp, bleached cotton/polyester fabric and the complete kit includes red cotton floss, needle and complete, easy-to-follow instructions for stitching and finishing. Lovely as a wall hanging, tool



Transfer Patterns. To duplicate other projects shown in this issue use our complete set of iron-on transfer patterns. You'll receive four repeats of the *Morning Glory* motif (approximately 16 x 20) plus twelve repeats of the *Lily-of-the-Valley*, *Flower Basket*, and *Hands and Flowers* (three of each in approximately 6 x 8 size and one of each in approximately 9 x 10 size).

Nothing

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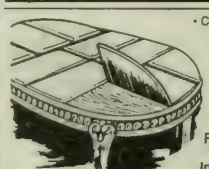
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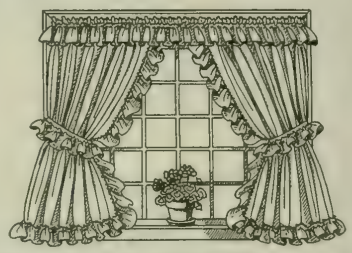
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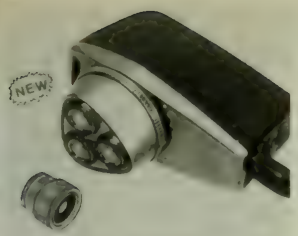
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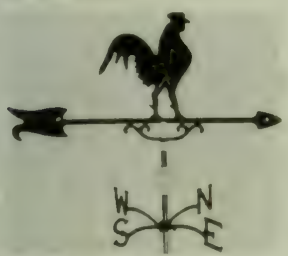


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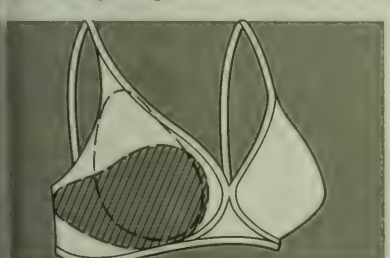
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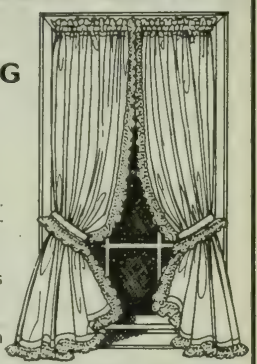
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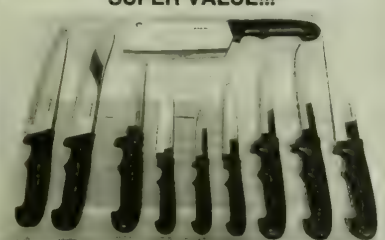
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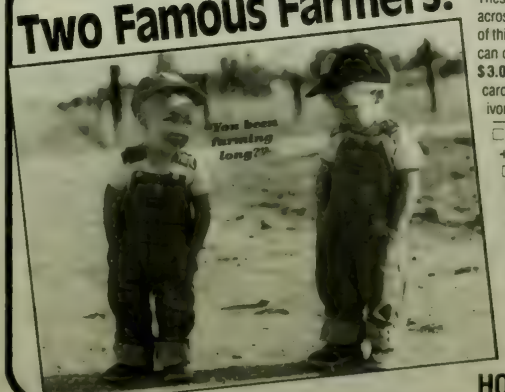
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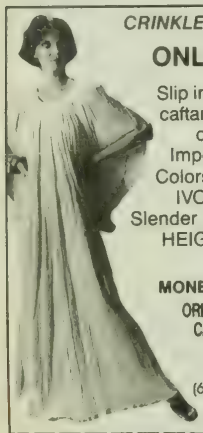
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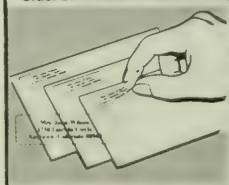
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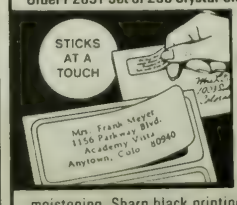
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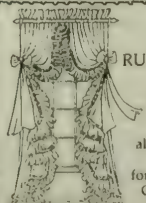
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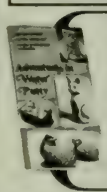
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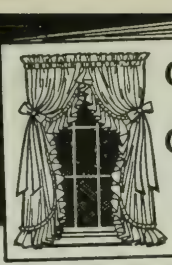
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THE MAN NEXT DOOR

I've recently learned what so many before me have learned after buying a personal computer: We're no match for a 13-year-old when it comes to playing the games computers will play.

Many of us, notes the Rev. George Hall, observe the 55-mph speed limit only in passing—in passing those who are obeying the law, that is.

"Old things have a certain charm about them," Isabel Norman commented the other day. "You bet," replied husband Bill. "They're paid for."

The latest sign over the door at the local health club: "Why Weight? Scrap Your Spare Tire Here Today."

Harry Mabry objects to the office soft drink machine's flashing "Have a nice day" after a purchase because, he admits, "it makes the machine so much harder to kick when it quits working."

Now is the time, says Editor Earl Reeves, to start thinking about fresh vegetables, and to start cultivating those who will grow them.

That lawn mower you were going to fix last November, observes Dick Dresch, could be unavailable all summer if you play your cards right and rush it to the repair shop right now.



"Actually, the 'Tour of Homes' is next Saturday."



"It's not us."

After hearing that the President wants to put a teacher on the space shuttle, Burt, Jr., said he knows one or two that he'd like to nominate for the honor.

Dot Dresch admits she feels guilty watching *Masterpiece Theatre* until her annual public television pledge has been paid.

Watching her first rock video on television, Grandma Hillis exclaimed, "Look, someone's marketing designer rags."

Our Judy, aged 11, says only two things are required for great chocolate-chip cookies: quality and quantity.

Chris and I have found that the family's fascination with our videocassette recorder has worn off to the point where we no longer record programs we didn't think much of in the first place.

Longtime do-it-yourselfer Ken Floyd claims he's never avoided a project because of ignorance. On the contrary, he says, if he'd known what he was getting into, he wouldn't have tackled half the things he's done.

When Sue Hawkins got a call recently that her father, 500 miles away, had suffered a heart attack and was in critical condition, she and Tom left in such a rush they barely had time to tell a neighbor they were leaving.

When they returned several days later (Sue's father was recovering nicely), they found that Bill Norman had picked up their newspapers and mail, Ken Bayless had turned off their garage light, and Liz Randall had taken delivery of three packages addressed to them.

Elaine Cowan, the next-door neighbor who keeps a key to the Hawkinses' house, had gone in and watered the plants and closed a window.

No one made any fuss or noise about doing these things. They just did them, almost without thinking about them.

Often over the years, Chris and I have talked about moving to a house with more space or a larger yard, but never very seriously.

We know we would be giving up something precious that we have here, a thing called neighborhood, the kind of thing that politicians are fond of making speeches about, and the kind of thing that no amount of money can buy.

Burton Hillis


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The Room



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And these are just a few of the exciting and practical ideas in this converted kitchen. If you'd like to make your too-small kitchen big, bright, and beautiful, fill out the coupon below. We'll send you additional photos, a complete floor plan, and how-to information.

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BERRY DESSERTS

PAGE 116 *Make the most of summer with our trio of scrumptious choose-a-berry desserts!*



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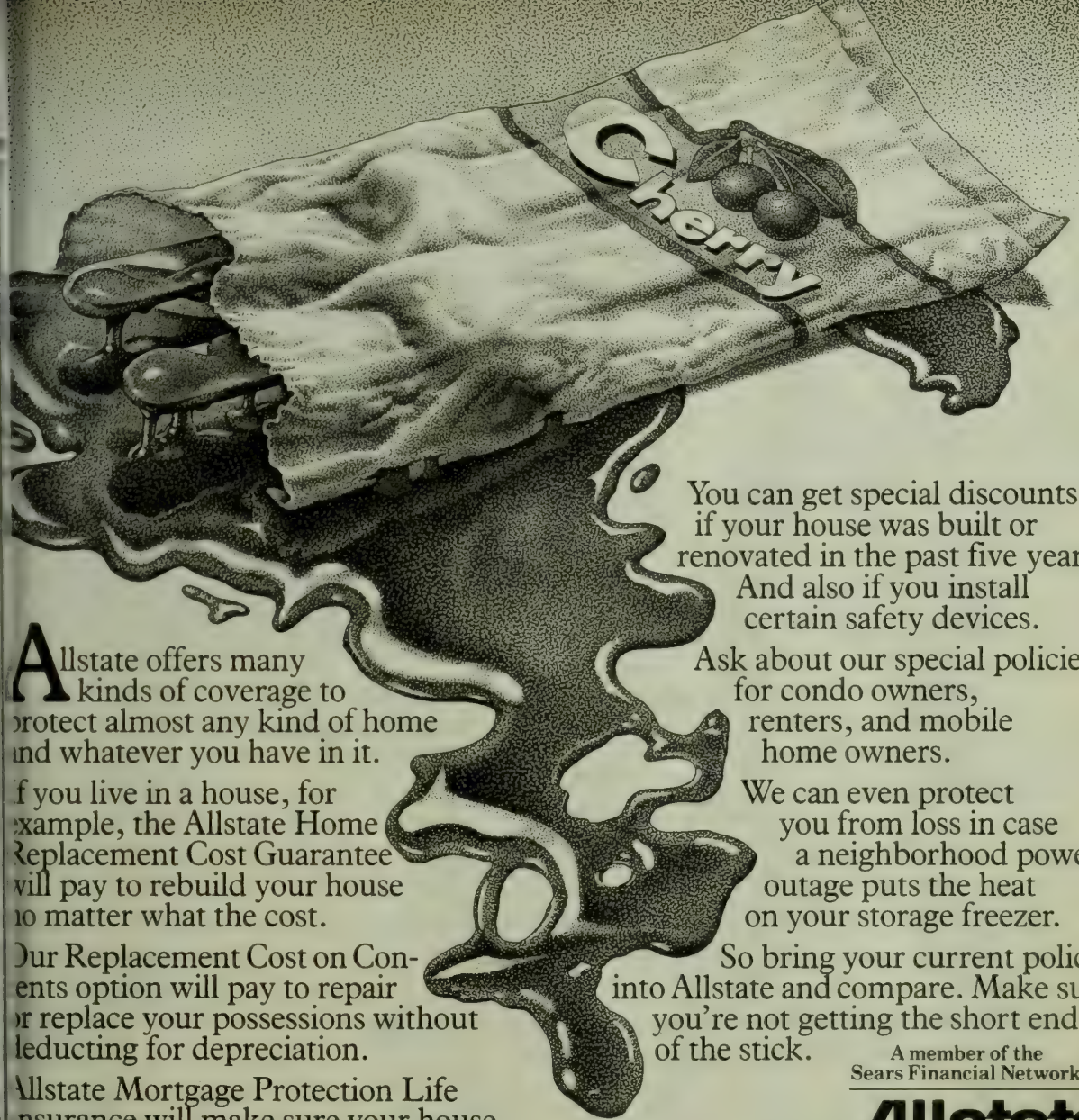
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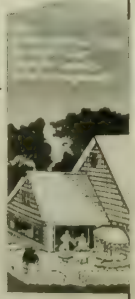


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EDITOR AT LARGE

Ah, summer. At long last, summer, my absolutely favorite time of year.

Time to get outdoors, smell the fresh air, stretch the legs, walk in the woods, scrub the barbecue grill, build a deck, go fishing, put in the rest of the garden, plan a camping trip, go on a picnic. Yes, it's time to live.

As I take one last look at this issue before we send it to the printer, I'm starting to get a real taste of summer, and I hope you will, too. We have a terrific story on homemade ice cream, and it brings back a flood of memories—hot afternoons at my great-grandmother's little house, turning that crank endlessly, sucking on slivers of salty ice in anticipation of the delights to come.

"Time to get outdoors, smell the fresh air, stretch the legs, walk in the woods, scrub the barbecue grill, build a deck, go fishing, put in the garden, plan a camping trip, wax the car, go on a picnic. Yes, it's time to live."

Our survey of great state parks for camping reminds me of the wonderful camping trips we used to take. We'd just load up the car, pile in all four kids and the dog, and take off.

What marvelous times we had. We all became children together. Out there in the Gila Wilderness, or wherever we happened to find ourselves, the little tensions of family life seemed to disappear. Nobody yelled at anyone, and life was simple, happy, and easy. Invariably, before the trip ended, some member of the family would grin around the group and say, "Hey, this is so great why don't we just stay here?" We never did, of course, but I sometimes wonder why not. I remember after each of those trips, as we turned the corner into our own street, half fearing, half hoping that our house had burned down in our absence.



Why didn't we just stay there?

I suppose we all have ambivalent feelings about our homes from time to time, with the constant tug and pull between the comfort and shelter they offer and the upkeep they demand. But, this time of year, I have a lot of affection for our old house. It not only serves us well, but the work it requires is mostly pleasant and done outdoors. Our section on outdoor living brings all this to mind—lots of ideas for building things like decks and patios. I love those kinds of projects, and have actually gone a little bonkers building decks at our house. My sons and I ended up building three, over the years. The projects were wonderful—the warm summer sun on our bare backs, the sweet-sour smell of freshly cut wood, the satisfactions of building a simple, straightforward project and driving hundreds of nails.

It's all there waiting—another wonderful summer ready for us to dip into. I wonder if any of my neighbors needs a new deck?

David Jordan

David Jordan, Editor



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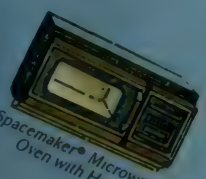
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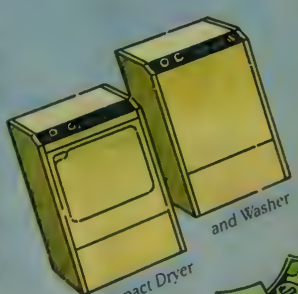

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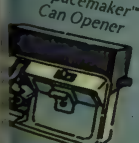
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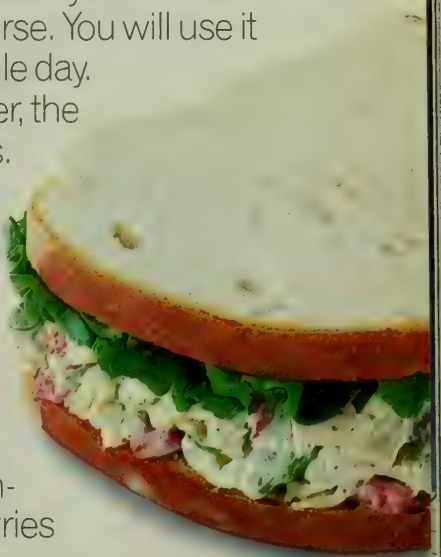
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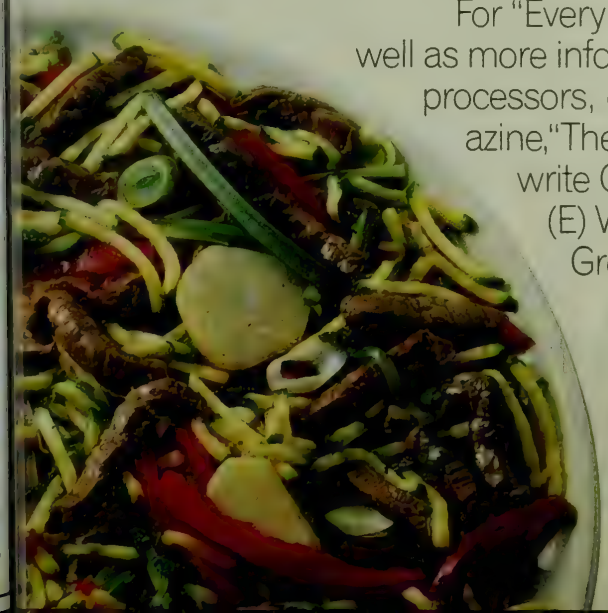
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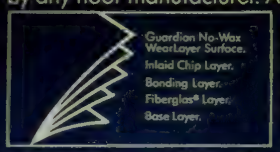
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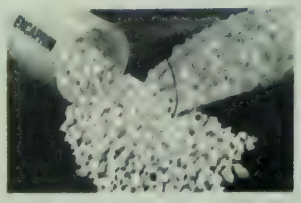
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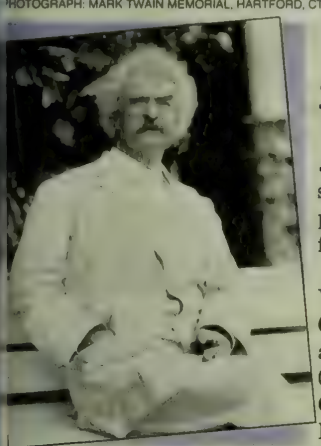
GRACEFUL TREATMENT FOR ROUNDED WINDOWS

Pleated shades for Palladian windows.

Gracefully arched windows are hot in new homes and remodelings these days, and so are window treatments designed to fit them. *Verosol,* one of several makers of handsome pleated shades for ordinary windows, offers a matching pleated shade for half-round fanlights. The arched shade remains in place, softly filtering light and providing privacy. For the name of a dealer near you, write to Verosol USA, Inc., RIDC Park West, 224 Park West Dr., Pittsburgh, PA 15275.



PHOTOGRAPH: MARK TWAIN MEMORIAL, HARTFORD, CT.



HAPPY BIRTHDAY, MARK AND HUCK

Join the yearlong celebration.

Mark Twain would be 150; his brainchild, Huckleberry Finn, is 100. And the yearlong party is on! Events include parades, street fairs, band concerts, raft races, and fence-painting contests in Hannibal, lectures in Hartford, and a Festival of Cats in Elmira.

For specifics about each, contact: Hannibal Visitors & Convention Bureau, Dept. BH, Box 624, Hannibal, MO 63401; Mark Twain Memorial, Dept. BH, 351 Farmington Ave., Hartford, CT 06105; Chemung County Chamber of Commerce, Dept. BH, 224 William St., Elmira, NY 14901.

SPACE-AGE SHOPPING

Buying by computer in shops and malls.



Many computer buffs already enjoy the ease of shopping through their machines at home—a kind of electronic catalog that allows them to browse through product displays on their screens and order without leaving their armchairs. Now shoppers in malls and retail stores can engage in the same fascinating exchange at colorful kiosks not much bigger than refrigerators. The marvelous machines are irresistible—part space-age whiz-bang, part show biz, and all convenience. Just touch a finger to the keyboard (instructions are displayed) and let the computer and laser technology do the rest.

The machines offer a selection of hundreds of items, demonstrate use of merchandise, answer your questions about prices and other specifics, and even take your order, charge it to a credit card, and see that the merchandise is shipped to the address you specify. At least two companies—R.R. Donnelley & Sons and Comp-U-Card—have a few pilot tests out now, with more expected soon.

FREE, JOYFUL HOMECOMINGS

New help for runaways.

Every day, an average of 10 youngsters are reunited with their families, thanks to Operation: Home Free. Launched by the International Association of Chiefs of Police (IACP) and The Trailways Corp., the program provides free bus rides home for runaways under 18.

A youngster simply contacts the local police department, which verifies that he or she is a runaway, then secures a free bus ticket, puts the youngster on the bus, and notifies police in the runaway's home community so parents can be on hand when the youngster returns. Anyone with information about runaways who want to go home should contact a local IACP department.

PHOTO: DAVE JOHNSTON



COWPOKE SCHOLARSHIPS

Ride, rope, or lasso your way to a college education. About 85 colleges and universities around the country are actively recruiting and offering scholarships for their rodeo teams. Some scholarships from companies involved in rodeos are awarded to schools on the basis of the school's previous year's standing in the college rodeo program.

Unlike other college athletes, rodeo scholarship students are allowed to compete professionally to earn money. And some schools provide room, board, and transportation to rodeos for students and horses. Some colleges even offer credit for courses in rodeo events and practice time, and provide horses for students to use. For more information, write to Tim Corfield, General Manager, National Inter-Collegiate Rodeo Assoc., Dept. BH, 2925 Isaacs Ave., Walla Walla, WA 99362. Specify the areas of the country in which you are interested.

continued

continued

MAKE TRACKS FOR AUTOWORLD



Where in one day can you design your own car, take a nostalgic walk through a world on wheels, see pistons pound in a three-story engine, and experience the excitement behind the wheel of a high-powered racing machine? At Six Flags AutoWorld, 50 miles north of Detroit. This $70-million indoor theme park, designed to tell the story of the automotive industry, also features high-tech rides, shows, and exhibits with automotive themes, animated characters, restaurants, and shops. Six Flags AutoWorld is open daily May 24 through September 2 (10 a.m. to 10 p.m.).

Contact Public Relations, Six Flags AutoWorld, Dept. BHG, 1 AutoWorld Blvd., Flint, MI 48503, or call 313/233-7000.



PHOTOGRAPHS: MICKY JONES



THE WAVE OF THE FUTURE

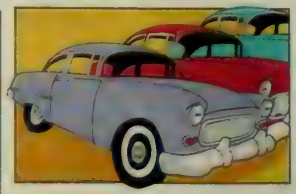
Save money with the 1-gallon flush toilet.

Elger offers the first 1-gallon flush toilet available from an American manufacturer. Up to now, even water-saving models from domestic suppliers used 3 to 5 gallons. Not only will you save on your water bill, but sewage systems and septic fields will benefit. The cost of the Ultra-One/G varies from $160 to $250, depending on style and color.

WINDOW CONTEST

Get a helping hand with your problem windows. Enter the Burlington House Draperies "Clinic" competition before mid-July. Obtain an entry blank at stores featuring Burlington products. Send it with photographs of your problem windows to Burlington House. Even if you don't win—or even enter—look for the redecorated winning windows in store displays next spring.

BOON FOR USED-CAR BUYERS



Buyer Beware used to be the most important rule to keep in mind when you shopped for a used car. Sure, you could count on most reputable outfits to back up their sales. But often warranty terms, if any, weren't clear, and even the suggestion of potential defects was unheard of—to say nothing of who would have to pay for their repairs. You have some better protection now, thanks to an FTC ruling that went into effect just last month. Now, used cars offered by franchised new-car dealers who sell used cars and by independent dealers (but not private citizens) must display a Buyer's Guide on the car's side window. The guide informs you about the terms of any warranty offered, whether the dealer is selling the car "as is" (if so, you'll be stuck with the cost of repairs), and what major defects may occur with used cars. The sticker also advises you to get promises in writing and to demand an independent inspection of the car.



BEN FRANKLIN NEVER HAD IT SO GOOD!

Today's recliners add a bonus to good old-fashioned comfort.

Wing chairs have come a long way since the original colonial versions. Besides a pop-up footrest and tilting seat and back to soothe the body, this new chair design from *Stratolounger* offers music of your choice. Concealed in the left arm is a car-size stereo radio and cassette player; deep wings hide the ear-level speakers. And, there's even a flip-up plastic table to hold your drink or magazine.

For more information on the "Ultimo XP" chair, write to *Stratolounger*, 666 N. Lake Shore Drive, Chicago, IL 60611.

NEXT MONTH IN

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The second-hand smokescreen.

For decades, public and private organizations have waged a massive campaign to discourage cigarette smoking. For most of that time, the target of this effort has been the smoker.

Recently, however, the emphasis has undergone a major shift. Today there are scientists who claim that cigarette smoke in the air can actually cause disease in *non-smokers*. We hear a great deal about "second-hand smoke" and "passive smoking."

But is this new approach wholly motivated by concern for the non-smoker, or is it the same old war on smoking in a new guise?

These doubts are raised when we recall statements like the following, by a spokesperson for the American Lung Association:

> Probably the only way we can win a substantial reduction [in smoking] is if we can somehow make it nonacceptable socially....We thought the scare of medical statistics and opinions would produce a major reduction. It really didn't.

Obviously, one way to make smoking "nonacceptable socially" would be to suggest that second-hand smoke could cause disease. So it is not surprising that we are now seeing a flurry of research seeking scientific support for these suggestions.

Many independent experts believe the scientific evidence on passive smoking is questionable. But a zealous group of anti-smokers are using this issue in their campaign against tobacco as if the claims were established scientific fact.

We deplore the actions of those who try to manipulate public opinion through scare tactics. As the late, respected pathologist, Dr. H. Russell Fisher, stated in testimony submitted to a Congressional hearing on passive smoking:

> ...[I]n the absence of any scientific proof of harm from atmospheric tobacco smoke, we are dealing with a social question and not a medical one. In this regard it should be noted that, since fears and phobias can lead to ill health, those who urge policies based on fear and not scientific facts could be making a medical problem out of a social one. This is indeed a strange prospect to see coming from the efforts of members of the medical profession.

We are not ignoring the fact that cigarette smoke can be bothersome to many non-smokers. But we believe this problem is best solved not by governments but by individuals, and not with more rhetoric but more common sense and courtesy.

Of course, if anti-smoking advocates want to work for the abolition of smoking, that is their right. We only wish they would come out from behind their second-hand smokescreen.

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Taxes:

Is Withholding Taking Too Much From Your Pay?

By Margaret Daly

If you qualify, it's easy to decrease the amount withheld from your pay. The trick is to increase the number of withholding allowances on your W-4 form at work. You must follow specific guidelines, but the result could be that your paycheck will reflect your tax obligations more realistically.

The payoff is that you—not the government—can be using the extra money during the year. Less withholding now means a smaller tax refund next year or none at all. But unless you count on that refund as a forced-savings program, increasing your withholding allowances now could make sense.

Why let Uncle Sam have use of your money by overwithholding taxes when YOU could be enjoying the cash yourself during the year? Here's how to adjust your paycheck.

Income and family circumstances dictate the value of extra withholding exemptions. A married worker, for example, who earns $30,000 a year and claims no exemptions would have $414 withheld from his or her pay each month; four exemptions reduces the amount to $327; eight, to $248.

Generally, the higher the income, the greater your payoff will be with additional allowances. An extra allowance also tends to be worth more if you are claiming just one or two allowances now than if you already are using seven or eight.

How to claim more allowances

Simply ask your employer for a new W-4 form, fill it out according to your present situation (the instructions are on the IRS worksheet), and submit the revised form to your employer. The company has up to four months in which to reduce the amount withheld from your pay, but most companies will adjust your paycheck much sooner.

How many allowances can you take?

You may be surprised at the number of allowances that you are entitled to. Use last year's tax return as a starting point, but remember that 1985 circumstances may be different. Also, don't confuse withholding allowances with tax exemptions. Although exemptions do dictate some withholding allowances, you generally can claim more allowances on your W-4 form than exemptions on your tax return.

Here are the basic rules. For more details, consult your local IRS office, an accountant, a tax lawyer, or a reliable income tax guide.

- You can claim one allowance for every exemption that you'll list on your tax return. That includes one for you, one for your spouse if you're filing jointly, and one for every dependent. You're entitled to an extra exemption if you are 65 or older, as well as one if you are blind. The same goes for your spouse on a joint return.
- You may take an additional withholding allowance on your W-4 (but *not* an extra exemption on your tax return) if you have only one job and your spouse is not employed. Single people with one job can do the same.
- Add up your estimated 1984 tax credits for items such as child care costs and income averaging. The W-4 form includes a chart and instructions on how to figure additional withholding allowances for tax credits. A family with a joint income of between $25,001 and $30,000 and with $1,200 in tax credits, for example, would gain two additional withholding allowances.
- Now figure your estimated tax deductions for 1985. Again, the W-4 form takes you through a specific formula to figure itemized deductions and translates them into withholding allowances. There also is a standard sum if you do not intend to itemize. As with tax credits (see above), actual allowances vary by income and other factors. A couple with one spouse working who earns $25,000 and has $4,500 in deductions, for example, would gain an extra withholding allowance.

You're also allowed to consider certain additional deductions whether or not you plan to itemize. Those include payments for alimony, qualified retirement programs such as an individual retirement account, moving expenses, certain employee business expenses, and the deduction allowed for two-income married couples.

What can't you claim?

It's important to figure your allowances realistically. That's because the government requires you to pay at least 80 percent of the tax you'll owe for 1985 as you go along. You do this either through withholding by your employer or through quarterly tax payments if you are self-employed or expect considerable income beyond your salary. If you fail the 80-percent test, you'll pay a hefty price—as we went to press, the IRS charged 13 percent interest on the additional taxes owed.

You can't just claim what you did last year; you must be able to make a reasonable case for current claims. Nor can you duplicate allowances with more than one job. Working couples may not claim the same allowances with both employers. Anyone single or married who holds two jobs cannot make the same claims with both employers. However, you do have some choice about how you want to divide the allotment between paychecks.


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GARDENER'S LOG

LOW-MAINTENANCE GARDENING

In June the spring showers of April and May often give way to dry, sultry days. Here's how to give your garden the water it needs without leaving you high and dry for free time.

Timesaving tricks

- Cut down on watering chores by locating container-grown plants where they'll receive morning sunlight and afternoon shade.
- Use plastic instead of clay pots for better moisture retention. Cut holes in bottoms of plastic pots for drainage.
- Place smaller pots inside larger pots, then fill the space between the two containers with vermiculite. This will keep the soil in the inner pot cooler to reduce moisture loss.
- Minimize a plant's total water needs by harvesting crops as soon as they ripen.
- Plant seeds of second crops in wide bands instead of in single rows. Plants will grow closely together to shade the soil and keep roots cool. They also will choke out any weeds that compete for soil moisture.
- Mulch plants to keep soil moisture and temperature constant.

Make your own rain

Chances are you'll have to supplement the rainfall to keep your garden thriving. These watering methods will do the work for you.

- *Overhead sprinklers* can be moved around to water areas of your garden that need it most. Because some moisture will evaporate before it hits the ground, however, sprinklers are less efficient than other watering systems. If you use a sprinkler, water during the cooler morning hours, when less moisture will dissipate. Early watering also lets foliage dry before evening to prevent fungus diseases.
- *Furrow irrigation* works best on a flat garden. To set up a furrow system, dig an 8-inch-deep by 12-inch-wide trench between rows of plants and regularly fill it with water.
- A *drip irrigation* system consists of a network of PVC pipes that have small holes punched in them. When they're placed alongside rows of vegetables, the pipes slowly release water at ground level. Because very little water goes to waste, this method is one of the most efficient ways to irrigate. You can buy drip irrigation kits at many garden supply stores.

To get the same results with less initial expense, fill half-gallon wine bottles with water and upend them in the soil near plants. Water will drain out slowly to provide a steady supply of moisture. Refill the bottles every two or three days.



Illustration: S. D. Schindler

GLADIOLUS

The thirsty earth soaks up the rain,
And drinks, and gapes for drink again.
The plants suck in the earth, and are
With constant drinking fresh and fair.
—Abraham Cowley

GOBS OF GLADS

You can have fresh bouquets of gladiolus all summer by planting corms every two weeks until mid-July. Blooming for at least 10 days, plants produce 1- to 5-foot-tall stalks that are smothered with solid or two-tone blossoms in almost every color imaginable.

Gladiolus thrive in a well-drained soil that gets full sun. For best color impact, grow them in rows or in clumps of at least four. Most varieties should be planted 4 inches deep and 6 inches apart; plant taller types 6 inches deep.

Varieties that grow over 2 feet tall may require staking. In the North, dig gladiolus corms in the fall and store them in a cool, well-ventilated place.

For the couple who has everything and no place to put it...



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Creeping clutter can turn your bedroom into a nightmare. But you can turn it into a dream room with "Bedtime Storage" from Thomasville.

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Large mirrors brighten and expand any room and provide a sparkling backdrop for the headboard display shelf. This is the ideal spot for your radio, phone, and alarm clock.

Handy pullout butler trays on each side of the bed are heat- and spill-resistant—just the thing for morning coffee or a midnight snack.

For reading in bed, turn on the concealed lights. Or, if you choose a style with optional dimmer switch, you can adjust the light to set a mood.

So come on, now's the time to put bedroom clutter in its place, beautifully, with "Bedtime Storage" from Thomasville.



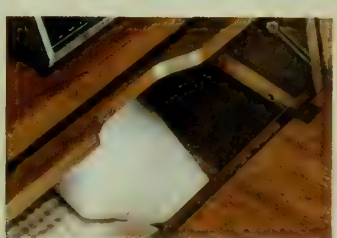
The twin cabinets offer generous shelf and drawer storage. It's almost like adding extra closets to your bedroom.



Headboard shelf is ideal for display and for alarm clock, radio, and phone. Brass-lined access hole keeps power cords out of sight.



Headboard hides additional storage space and built-in electrical outlets.



Hidden deep-well storage is the place for bulky items or seasonal storage of blankets, comforters, and the like.

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so nice to come home to™

Tear out and save this 4-page section ►



- **Cover up with color.** Painting the walls deep forest green does more than attract attention. The dark color disguises little imperfections and camouflages sharp attic angles. Because the wall paint and the woodwork are of the same darkness, the windows blend into the room, creating less contrast and more softness.
- **Let in the light.** A high-gloss enamel paint offsets the room-darkening effect of the deep color. The shiny finish catches sunny rays, bouncing light off the walls and all around the room. At night, a candlestick ceiling fixture casts a warming glow.
- **Dress up the windows.** Lightweight, shirred curtains provide privacy and transparency. The twist is in the placement; the curtains begin about 12 inches down from the top of the window frame. To draw your eye upward, decorative baskets top the window frame. This added detail ties together accessories and furniture, while rescaling the window to the room's lofty ceiling.
- **Arrange for comfort.** The furniture uses the walls on both sides of the low ceiling, keeping the floor space open at standing height. Diagonal seating stretches a narrow corner and space-saving chests double as nightstands.
- **Tie together with fabric.** A unifying pattern provides the finishing touch. Ready-made pillows, coverlet, and dust ruffle in coordinating fabrics fashion an ensemble from a mix of "found" furniture. The result? A reclaimed room with a totally put-together look.

Photograph: Fred Lyon. Design: Chrissi Leibenson. Field editor: Helen Heitkamp

DECORATING

Five Tricks to Transform a Room

ive easy and inexpensive decorating tactics helped trans-
m only 80 square feet of attic space into a comfortable
st bedroom. And the owner, an interior designer, com-
ted the remake in a weekend. Take a close look and see if
ı can recognize the tricks of the trade. Ready?





What To Do When Your TEEN Wants To QUIT School

● *"School just wasn't for me. I couldn't get along with my teachers. They were all jerks. They didn't teach me anything at all."*

● *"I told my parents I wanted to quit. They wouldn't listen to my reasons. So I just kept skipping until they had to let me drop out."*

● *"My parents split, and they got so involved in their own lives that they really didn't care what I did. What difference did school make?"*

The young people quoted above are among the more than 47 million Americans over 16 who should be in school but are not, or who never received a diploma and aren't likely to pursue one at their present age. Every year 1 million youngsters drop out of school.

Although it's true that many dropouts come from minority groups and urban schools, students drop out of virtually every high school in every American city and town. They come from the "best" families as well as deprived homes. They include both our brightest kids and lifelong academic failures.

What can you do if *your* teenager wants to quit school? Dropping out often can be prevented if there's a careful diagnosis of the problem and the real issues are addressed. Sometimes emotional counseling, a special school, or treatment for a learning disability can help. Even a leave of absence from school may work. Here's advice:



Every year, 1 million youngsters in the United States drop out of school.

1. Watch for symptoms

Two-thirds of the students who dropped out of high school could be identified as risks as early as seventh grade, according to a study conducted in one school district. The warning signs: Frequent absence, class cutting, academic failure, lack of involvement in school activities, failure to follow school rules, and emotional troubles (particularly those stemming from such family crises as divorce).

If your youngster has any of these symptoms—and especially if he shows a combination of them—seek help from the school or through private counseling. If your whole family is in crisis, find a family counselor to help you weather the storm together without lasting damage.

2. Listen to what your child is REALLY saying

Not all teenagers who say they want to quit school mean it. "Don't panic if your child says he wants to drop out," advises Dr. Robert DeIulio, coordinator of guidance in Lexington, Massachusetts. "Ask what he is really saying. It's a symptom of something. Listen. Try to hear what the issues are."

Your teenager may be calling attention to an emotional problem—depression, anxiety, feelings of hopelessness or frustration, alienation—which can be addressed by counseling. "Typically, the statement 'I want to drop out' reflects a child's loss of self-esteem, the loss of a sense of belonging," observes Dr. DeIulio.

Such school problems as academic failure, conflict with a teacher, placement in the wrong classes, or a learning disability, should be brought to the attention of the school guidance counselor, special education director, or principal.

3. Consult your youngster's mentor

Dr. DeIulio points out that most young people have mentors, adults other than their parents in whom they confide and whose influence is significant. It might be a teacher, counselor, clergyman, scout leader, relative, or neighbor. This person may be able to help you to understand the issues and be willing to intervene with your child.

4. Find in-school remedies

Many public high schools offer special programs for "disaffected students." In Newton, Massachusetts, for example, "Transition" and the "Youth Development

continued

When pregnancy is the reason

It's a tragic fact that about half of all female dropouts leave school because they are pregnant. Most metropolitan areas have centers for pregnant students where education can be continued. By law, pregnant students cannot be denied their right to attend public schools. Check with local legal counsel if you feel a youngster's rights have been denied.

Photograph: de Gennaro Studios

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continued

Program" provide structured, caring environments for potential dropouts. "School Within a School" at Lincoln High School in Des Moines, Iowa, offers small, personalized classes and counseling to students who are unsuccessful in the mainstream.

A 1981 New York Board of Regents edict that any school with a dropout rate greater than 10 percent may lose funds has induced high schools there to develop programs to retain students. Check to see if your school has similar alternatives.

Schools without formal programs may offer individual or group counseling, work-release or part-time programs, alternative curricula, or tutors.

If you suspect that academic failure is the result of a learning disability, ask for testing. Sometimes a simple class change to a different teacher or less difficult course will do the trick.

5. Look for another school

Many private day and boarding schools specialize in potential dropouts—the unmotivated, the emotionally disturbed, the learning disabled, youngsters perceived to be "acting out." The Center for Alternative Education in Boston, for example, offers heavy doses of both group and individual counseling along with academic and vocational training for nongraduates between ages 14 and 22. Although such schools are typically expensive, the state or local school districts may share or cover costs.

Don't overlook such nonpublic options as parochial, vocational, or private schools. Often just a change of scene, and the chance to start fresh, is what a youngster needs.

6. Give your teenager a leave of absence

Taking an official leave from school is an option only if nothing else works. Yet quitting school should not be viewed as final. Call it something else—a furlough, R and R, a sabbatical, a leave of absence. Sometimes a youngster just needs a break. "Each child has his own time-line," Dr. DeIulio points out. "Parents should respect that. Often the youngster's time-line differs from the school's."

Agree to a furlough, but make it positive. "Build in the proviso that he can return to school," suggests Dr. DeIulio. Negotiate a contract with your youngster with clear goals, incentives, and conditions. The school's guidance counselor can serve as mediator for this process. Don't try to dictate terms. Get the school to agree to maintain contact while your child is out. Keep the door open for return without prejudice. The best time for a return is normally at the beginning of a term.

Holding a job can be therapeutic for a teenager on leave from school. Working not only provides structured hours and clearly defined tasks; it gives positive and regular reinforcement in the form of a paycheck. A job also helps the youngster to become aware of the benefits of an education.

Counseling and extension courses, either through evening programs or at nearby community colleges, also can be an important part of the contract governing a leave of absence.

When all else fails . . .

If none of these alternatives works, a dropout still can earn the equivalent of a high school diploma by passing the G.E.D. (General Education Development) tests. All people not enrolled in school and who have not earned their diploma are eligible to take this series of five tests at any time after their high school class has graduated.

Employers and most post-secondary schools recognize and accept the G.E.D. tests, which are administered at centers in all 50 states, as well as many Canadian provinces and U.S. territories. In Denver, for example, the Metropolitan Youth Education Center gives youngsters who have been out of school for six months a program that combines vocational training, personal counseling, and G.E.D. preparation while encouraging them to return to school. Journey House in Milwaukee exists specifically to help prepare dropouts for G.E.D. certification.

Check your local school or write to G.E.D. Testing Service, c/o American Council on Education, One Dupont Circle, NW, Washington, DC 20036.

—By William G. Tapply





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OUTDOOR LIVING

Super New Projects for Yard, Deck, Porch, and Patio

By CarolAnn Shindelar

Our reward for living through one of the worst winters ever is finally here: summer! And now that chaise longues, not snowmen, dot your backyard, here are some great ways to live outdoors all summer long.



A COZY CITY COURTYARD

Perfect for Parties

Once a no-man's land between the house and garage, this skinny city yard is now an outdoor delight.



Because the yard was so limited, vertical space was pressed into use with a multilevel plan. The main deck (*above*), with its built-in seating ringing the perimeter, is a guaranteed crowd-pleaser. Cedar clapboard covers the sidewalls, which serve both as backrests (*left*) and as privacy screens.

Down from the main deck is a brick-paved patio with an outdoor fireplace, and up the spiral stairway is a small sunning deck off the master bedroom.

Photographs: Bill Hopkins, Hopkins Associates. Design: Baer & Hickman. Field editor: Margo Plemone

OUTDOOR LIVING
SUPER NEW PROJECTS

FUN FOR THE WHOLE FAMILY
A Tropical Retreat

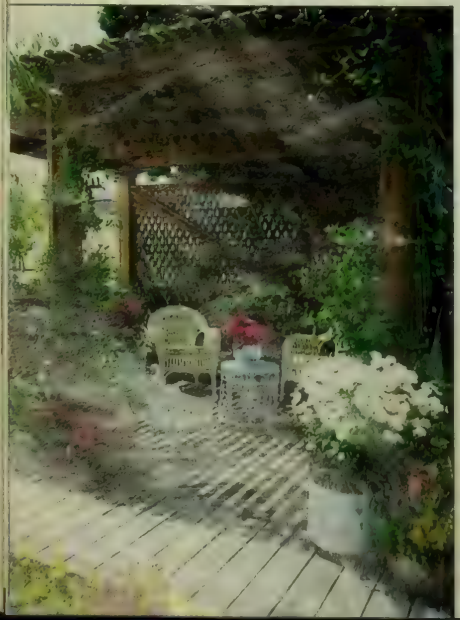
This backyard cabana has an easygoing South Seas air about it. Curl up with *Robinson Crusoe* and you can still keep an eye on the kids.

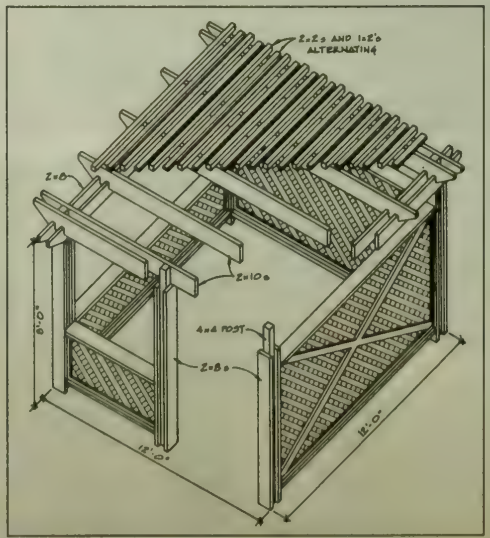
The cabana is the focal point of outdoor activities, standing at the crossroads of patio, lawn, and sandbox. Its elevated site catches breezes and also brings the cabana level with the rear lawn, which slopes upward from the back of the house. Made of redwood, the lath-wrapped structure is 12 feet square. The sandbox and decking are built of redwood 2×6s. Railroad ties have been marshaled into service as retaining walls and planter borders, and as the foundation for the cabana.

Order Project Plan 50564

Photographs: Kim Brun. Design: Michael Maiden, Diversified Designs. Field editor: Sharon Haven







Lattice Walls Are Open Yet Private

Built of construction-grade redwood, the frame of the cabana (*left*) is built from 4×4 posts with 2×8 and 2×10 beams; 2×8s are used as railings and post trim. Topping off the frame is a roof of alternating 2×2s and 1×3s spaced 1½ inches apart, which provides about 70 percent shade.

On the two sides of the structure where privacy is needed, redwood lath is woven into walls in a dense diamond pattern. The other two sides are open except for a wide-weave lattice rail.

A STYLISH STEP-DOWN DECK

Your Private Oasis

Tucked into a lush green landscape is this island hideaway: the focal point of a sloping backyard.

The semisecluded deck is a perfect place to get away from it all. A wide, graceful set of stairs (*left*) connects the deck to the house. The stairs lead to a screened-in porch that serves as a perfect transition from the house to the yard.

Built entirely of pressure-treated wood, the deck is stained a soft gray. The deck top is 2×6s spaced ¼ inch apart on 2×6 and 2×8 joists that in turn rest on 3×10 and 4×10 beams. Poured concrete piers support the beams. Bench tops are 2x4s spaced a half inch apart.

Photographs: William Sites. Design: Green Design. Field editor: Bonnie Maharam





A Sporty Dash Of Redwood

Snazzy redwood railings pop out like racing stripes against the gray deck. They are simply 2×4s and 2×6s treated with spar varnish. The rail balusters are 2×2s spaced every 8 inches.

Seemingly adrift in a sea of green, the deck is surrounded by azaleas and rhododendrons that are in full bloom in early spring. Tiger-colored daylilies will soon follow.

OUTDOOR LIVING
SUPER NEW PROJECTS

LET A DECK MEANDER
Destination: Shade

This free-form deck leads the way to a major backyard asset: two shady old pines. There the deck widens, and the stage is set for casual midsummer suppers.

The owners say the yard is the main feature of their San Diego home, and the deck adds to the fun. Although the deck sprawls across the grass, there's still plenty of open turf for the family's croquet fanatics.

The deck stretches 25 feet, and varies in width from 2 to 10 feet. It's built of 2×4 redwood boards topped with a sealer.

Order Project Plan 50568

Photographs: Kim Brun. Design: Bud Clark
Field editor: Sharon Haven





Extend Your Living Room

Sliding glass doors (*left*) lead into the living room where hardwood floors share the deck's color and mood. It's all part of the family's grand plan to make their yard a logical extension of their entertaining space. The extra elbowroom helps greatly at such times as last summer, when a party drew 70 people without cramping anyone's style. Then the deck served as a buffet. When just a few folks drop by, it provides sunny seats and a snack stop.

NEW TWIST ON AN OLD TRADITION

A Kit-Built Gazebo

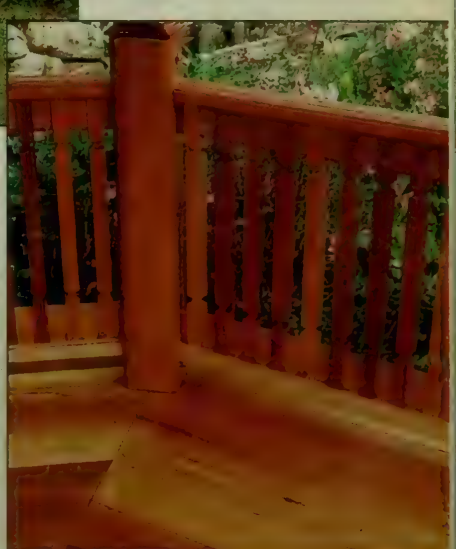
This gorgeous Victorian pavilion looks as if it cost a fortune and took hours to build. Not true! Assemble it Saturday, and you'll be scooping homemade ice cream in it Sunday.

A gazebo like this is tough to build from scratch yourself, and no easier to order from a local craftsman. But buy it in kit form, and you can put it up in 10 hours, using only a pair of socket wrenches. Gazebos can be shipped anywhere in the U.S. The 9-foot-diameter model here costs $3,695, plus shipping.

All the wood in the gazebo is western red cedar. The pieces are joined by screws; no nails or glue are used. The bolts you can see in the photo are threaded with brass acorn nuts and washers. Wiring for the cupola light is concealed.

Photographs: Bill Maris. Design: Vixen Hill Manufacturing Co., R.D. 2, Phoenixville, PA 19460. Field editor: Eileen Deymier





Construction Close-Ups

Eight preassembled sections composed of cedar shingles, lath, and rafters make up the roof (*right*). When joined, the pieces form a vaulted ceiling that's as attractive inside as out. The railing posts, rails, and balusters (*far right*) show close attention to detail; the pieces are connected with mortise and tenon joints.

OUTDOOR LIVING
SUPER NEW PROJECTS

IT'S CHILD'S PLAY
Little-Body Builder

No need to take the kids to the park to romp on the play equipment with a setup like this in your backyard.

This play structure packs a lot of fun into one multipurpose project; it's a tire swing, trapeze, sandbox, slide, play fort, and mountain climb all in one. The 12-foot slide has a knotted rope because "kids like to go up a slide almost more than down," says the designer.

The structure is redwood; all edges are sanded to avoid splinters. Posts are 4×4s sunk in concrete; all other framing members are 2×6s and 2×8s.

Order Project Plan 50565

Photographs: Ernest Braun. Design: Ryan Thomas. Field editor: Helen Heitkamp







The Right Size For Small Fry

The tire swing (*far left*) is terrific for developing balance, strength, and children's dreams. Hung by a 5/16-inch galvanized chain held by a lag screw, the tire has holes drilled in the bottom to drain water. (For safety's sake, don't use a tire that's steel-belted.) The horizontal ladder above the tire swing is made of wood closet rods joined to 2×8s.

The climbing steps (*left*) are 6-inch peeled poles. They lead up to the platform, then down the slide, and are staggered so that the outside poles form a handrail.





A TRELLIS TOPS A SLOPE

Shady and Simple

This outdoor project anchors the entire yard.

Built atop a retaining wall at the rear of the lot, this trellised garden bench is the focal point of the yard. The 10-foot-tall trellis is built of 6×6 posts and 2×8 crosspieces supporting a top of 3×4s and 2×3s. Brackets were cut from 6×10s. The bench and table are 2×8s and 2×12s.

Order Project Plan 50558

Photograph: Ernest Braun. Design: Konrad Gauder. Field editor: Helen Heitkamp

SLIM, TRIM JUNGLE GYM

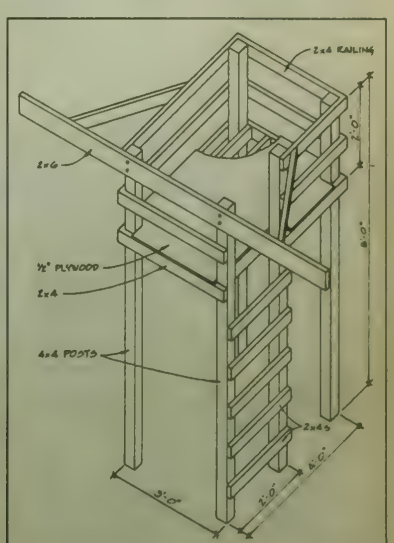
Easy To Build

No matter how modest your yard or your budget, this easy-to-build project fits in.

All you need is a 4×6-foot piece of yard. Sink five 4×4 posts in the ground, then nail up a ladder and platform frame of 2×4s. Cover the deck with plywood, then fasten the 10-foot 2×6. Hang the swings, and embellish with whatever fitness gear your kids want.

Photograph: Hopkins Associates. Design: Designer Decks. Field editor: Bonnie Warren





OUTDOOR LIVING
SUPER NEW PROJECTS

A HIDEOUT FOR GROWN-UPS
It Gets Daily Use

Your summertime getaway doesn't have to entail a long trip. This family-built pagoda is just a few steps from the back door.

"Come June we literally live out here," says the owner of this Iowa shrine to summer. It's equipped with a ceiling fan, telephone, TV, radio, and refrigerator. And every Friday night it's the scene of the neighborhood card party.

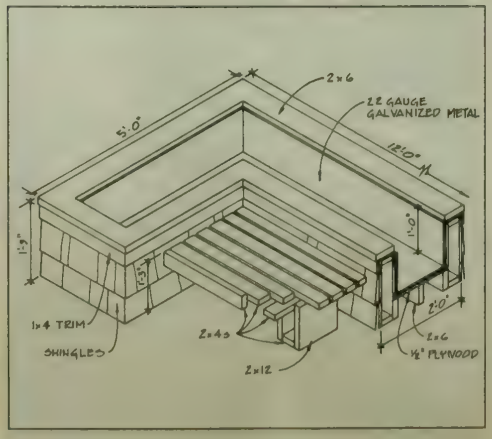
The pagoda was built in three months by the owner, his two brothers, and their father. Amateurs all, they simply built as they went. The structure is 12 feet wide, and 14 feet high. Interior siding is rough-sawn cedar 1×6s and 1×12s; the exterior is pressure-treated 1×6s laid diagonally.

Order Project Plan 50567

Photograph: Scott Little. Design: Wayne Russell. Field editor: Maxine Schweiker







DOUBLE-DUTY BENCH
It's a Planter, Too

This bench, on a deck next to the kitchen door, doubles as a planting bed for herbs.

Built of 2×4s and 2×6s, the bench has a low-slung seat wrapped on three sides by fragrant herbs. The herb bed is sided with cedar shingles to match the house.

Order Project Plan 50569

Photographs: Ernest Braun. Design: James MacDonald. Field editor: Helen Heitkamp



IN THE JAPANESE TRADITION

Secluded and Serene

The clean lines and natural colors and textures of this sunning and soaking deck express its Japanese heritage.

Located off a larger deck, this private sunning and soaking nook faces a lovely eastward view. A two-person conversation bench opposite the sunken hot tub and rough-sawn 4×6 redwood joists above it enclose the simple setting. At night, low-voltage lights on the deck railings softly outline and illuminate the scene.

Photograph: Jordan Miller. Design: Jerry Knoll, Timberline Design Group. Field editor: Sharon Haven

OUTDOOR LIVING
SUPER NEW PROJECTS

EVERYTHING YOU'VE ALWAYS WANTED
A Three-Tiered Deck

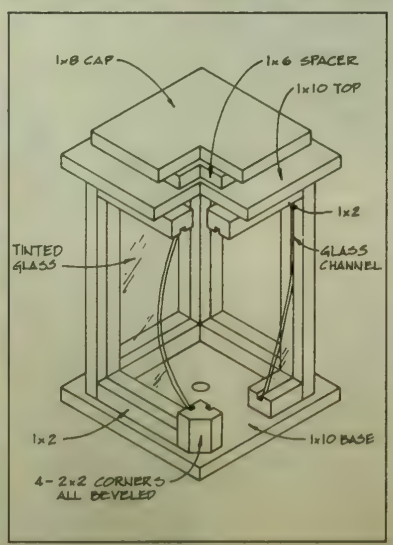
Each section of this multi-level deck hosts its own activity, but they all work together to supplement the enjoyment of the leafy-cool backyard.

Starting at the lower level (*right*), which sports a fire-pit, the deck rises four steps to the middle level, where everyone (including the family pet) gathers for outdoor dinners. Then continuing to the top level (*opposite*) adjacent to the kitchen, this triple-tier deck is a masterful blend of well-designed activity areas. Built-in benches ringing the two lower levels provide plenty of seating space.

Photographs: William N. Hopkins. Design: Michael Ritter, Exterior Design Studio. Field editor: Patricia Carpenter







Designer Lighting

Outdoor lights (*left*) are placed at four strategic points around the deck. Like the deck itself, they are made of cedar, and their simple shape gives them an architectural look that's also easy to build.

The base and top of the light are cut from square pieces of 1×10; the cap is cut from a 1×8 with a 1×6 spacer underneath. Forming the corners are 2×2s with chamfered outside edges; channels are sawn to accept the glass panel edges. The top and bottom edges of the glass are held by 1×2s.

Large-Scale, Well-Balanced

In planning their deck, the owners wanted to add sizable outdoor living space without making the house look like a wooden fortress. Their solution was to jog the middle level of the deck out and away from the house, creating a "greenspace" (*above*) that helps soften the overall look. Growing in the planted area are pachysandra, impatiens, and a young pagoda dogwood. The top level, which is used primarily as a barbecue area, overlooks the pocket of green.

At the base of the deck (*right*), the lower level steps down to a shady patio of bricks on sand with 4×4 cedar dividers. The patio forms a natural bridge from the deck to the yard.



To order Project Plans, turn to page 180.


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HOW TO SHOOT SUPER HOME VIDEOS



The high-tech look of video cameras and portable recorders makes them seem complex, but don't let that scare you off. They're easy to use. If you can point a camera and push a button, you're in business.

Many of the same techniques that make good snapshots and slides work for videos, too. But even if you're accomplished with a still camera, you'll need some new tricks to make polished home videos. Just a few simple techniques can make the differences between videos you'll enjoy looking at again and again—and those you'll be quick to tape over.

Composition: Plan a shot, don't just shoot

It's easy to get so caught up in the excitement of shooting a video that you forget to compose the picture properly. Try to think of each scene as a single snapshot and take as much care as you would with a still photo.

Control your camera angle: Since you normally hold a video camera on your shoulder, most views are shot at eye level. Mix in other angles from time to time by getting lower than your subject and shooting up or by standing on something and shooting down. You'll be surprised at the professional difference these extra angles make.



Vary your subject placement: Do not always put your subject right in the middle of the frame. Try sometimes placing it just off-center for pleasing visual effects and variety.

Add depth: Include objects in the foreground of your pictures to give an illusion of three dimensions. If you're taking travel pictures of a mountainside across a valley, for example, include a glimpse of a bush or tree near you to give the viewer a sense of how far away the mountain is. Remember, however, that such objects should only frame your subject and shouldn't be overemphasized. Don't leave your audience wondering what to look at.

Continuity: Tell a story

Some of your home videos will be simple scrapbooks recording important personal or family events. But one of the pleasures of having a video camera is that you also can plan productions that tell a story.

Set the scene: The first few shots in your production should be designed to attract the attention of your audience and give a hint about the story and the characters in it. If you were making a movie of your child's Little League game, for instance, you could start with a wide shot of the crowd waiting for the first pitch or a series of tight shots of your team warming up.



Tell the story: Once you've set the scene, concentrate on getting shots that advance the story. For the baseball movie, for instance, you'll want to capture key plays in the game and any notable moves your star makes. For pacing, try for a series of fast, action-packed shots lasting 10 seconds or less.

Use your zoom lens: Most video cameras have zoom lenses, which enable you to make smooth changes in perspective. You could start with a

continued

Photograph: Steve Niedorf, Illustrations: Carson Ode

"My dog's healthy and it shows, 'cause he's got the Hi-Pro Glow."



Purina

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© Ralston Purina Company, 1985

The Sevin® guide to insect trouble spots around your yard

When summertime comes, so do insect pests that can infest your lawn, trees, shrubs, flowers, and garden plants. Spotting a problem early is the key. A few telltale signs to watch for:

In your lawn

That brown patch in your lawn could be a calling card from culprits like sod webworms, armyworms, or chinchbugs.

What to do: Use a hose-end attachment or pressure sprayer to apply SEVIN® brand insecticide wherever you see a problem. SEVIN® brand insecticide stops most common turf pests. Quickly. Easily. And you don't need special protective clothing to use it.



In your trees and shrubs

Look for leaves that are wilted or brown. Perforations or other signs of chewing could mean Japanese beetles, bagworms, caterpillars, or gypsy moths.

What to do: to catch destructive foliage feeders in the act, spray trees, shrubs and other outdoor plants with SEVIN® brand liquid or wettable powder insecticide according to label directions. Used properly, SEVIN® brand protects from chewing pests without harming plants.



In your flower and vegetable garden

SEVIN® brand carbaryl effectively controls over 200 insect pests that can plunder your garden. And SEVIN® brand is biodegradable in the environment. For most vegetable and flower pests, a light spraying or dusting every week or so with SEVIN® brand liquid or dust should be all you need.



Whatever's bugging you

SEVIN® brand is the one outdoor insecticide you can feel comfortable using just about anywhere around your yard.

You can even use it on your pets, to help keep them free of fleas and ticks. And unlike some insecticides, SEVIN® brand has no harsh smell.

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SEVIN® stops tough outdoor pests.

SEVIN® is a registered trademark of Union Carbide Corporation for carbaryl insecticide. As with any insecticide, always follow directions on the label. Copyright ©1985 Union Carbide Agricultural Products Company, Inc.

SUPER HOME VIDEOS

continued

tight shot of your child, then zoom back to show the entire diamond, all in one shot.

Wrap it up: Every good movie has a finale, and so should yours. At the end of the game, catch your team's jubilation—or dejection.

Lighting: What does the camera see?

When it comes to lighting, most new video cameras are very forgiving. Your owner's manual will tell you how to make adjustments for various indoor and outdoor lighting conditions. Remember, however, that the *direction* of the light is as important to a good video production as the *amount* of light.

Outside: Unless you're trying for a creative effect, such as a silhouette, the sun should always be over your shoulder, above and in front of the subject at about a 45-degree angle. Midmorning and midafternoon are the times you'll find the sun in this position.

On a cloudy day, the light has no ap parent direction, and you can shoo from any spot and at any time.

Inside: You should position lights a the same angle as you'd want the sun i you were outdoors, being careful not t cast shadows on the background walls You'll get the best results if you mov your subject to the middle of the room

Audio: Talkies are more fun



Nearly all video cameras come wit built-in microphones and you should us them on every sho Background sound help set the scene a much as the video pic ture. The cheers of the crowd and th chatter from the playing field, for in stance, will add entertainment and in formation to your Little League video

Also remember that you can *add* au dio back home. With an "audio dub bing" feature on your playback dec you can record background music t create moods for scenes or the entir production. If your deck has "sound-on sound," you can record backgroun music or other sound without erasin the original audio.

Choosing video accessories

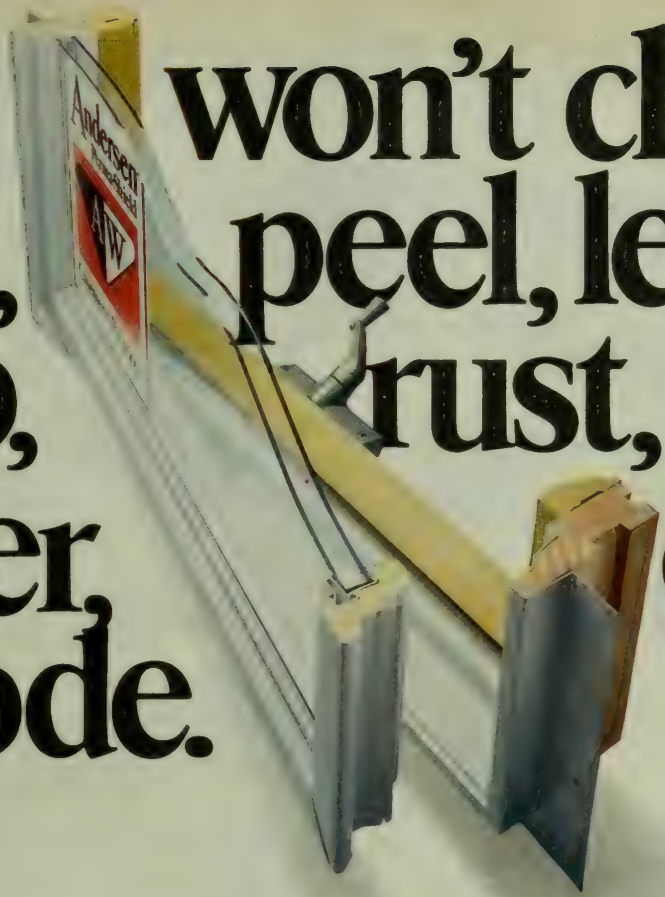
Accessories can add convenience an ease to your movie making. To mak your system portable, for example you'll need a battery. Most manufac turers make ***rechargeable batterie*** that fit in the recorder and provid enough power for about an hour o shooting. A few manufacturers mak battery belts that supply power for u to five hours.

A ***tripod*** can be a handy accessory especially if you want to be in the pic ture yourself. To use your video camer to record and watch replays of your gol or tennis swings, dance steps, or exer cise routines, for example, you'll need tripod. You can use the stop motion fea ture to analyze every movement.

For editing you'll need two videotap decks, one for the original tape and on for assembling the finished production (You can borrow or rent one when yo need it.) ***Home video editors*** (switch ing components that make the whol job easier) are available from a variet of manufacturers for under $150.

—By Mike Condon

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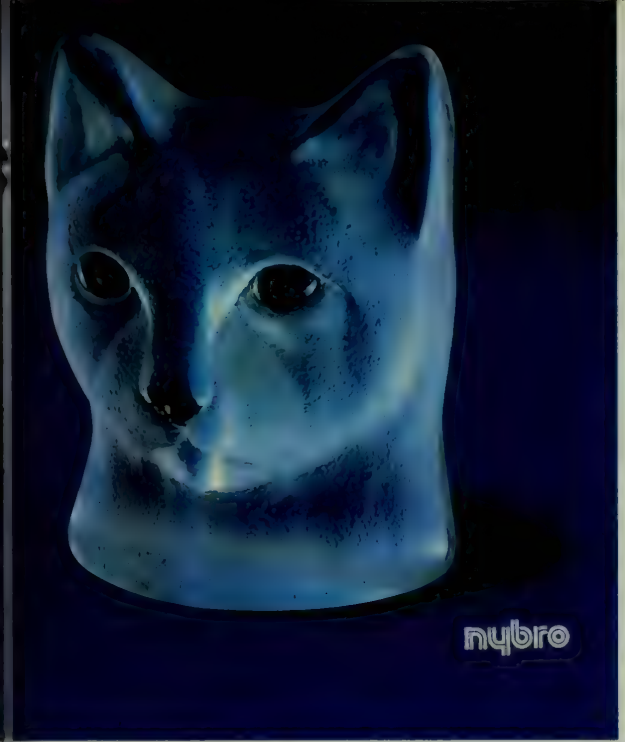
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NEW PRODUCTS

GOOD NEWS

By Steven Coulter and Nancy Hall

Check your favorite stores for these new and innovative products, or write to the manufacturer for a list of retail sources near you. Please don't send a check, or request an order form from the company. The prices we list are only suggested retail prices and may vary widely by store and location.

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Chaise longue, about $590, lounge chair about $298, ottoman, about $176. Tropitone Furniture Co., Dept. BH, P.O. Box 3197, Sarasota, FL 33578.



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In fact, in an Environmental Protection Agency test of drinking water in 113 cities, over one-third had unacceptable levels of chemical pollutants.

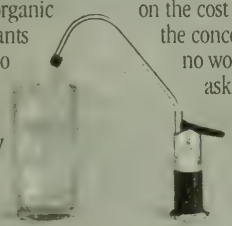
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If you believe your young teenager is worth talking to, this free book is worth reading and using.

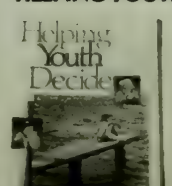
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Single copies of "HELPING YOUTH DECIDE" are free to parents of teens, with funding from The Tobacco Institute.

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NEW APPROACHES TO OLD DISCIPLINE PROBLEMS



Since the turn of the century, we've harnessed the atom, sent men to the moon, and replaced human hearts with artificial ones.

But we have not made much progress in the ways we discipline our children. Kids still throw tantrums, disobey, squabble shamelessly, wipe their noses on their sleeves, and worse.

What parents need today are fresh approaches to age-old problems. And the good news is that there are promising tactics to relieve common parenting hassles.

Following are but three of the many creative, practical ways you can make discipline easier for yourself and your children. All it takes is equal parts of ingenuity, resolve, and common sense.

When kids fight

Take sibling rivalry, for instance. If you have more than one child, a certain amount of bickering is inevitable, but when the clashes get out of hand, it's time to take action. The action to *avoid* is trying to determine who started it, because nothing fuels kid feuds so much as a parent who has decided to referee. The secret lies in making the children *equally and completely* responsible for the problem.

Here's how to do that. On a sheet of paper, draw two rows of five boxes. Starting with the upper left box, number them from 10 to 1. Then, select five privileges the children enjoy and write one each in boxes 5 through 1. You might, for example, put "Riding Bikes" in box 5, "Playing Outside" in box 4, "Having Friends Over" in box 3, "Watching Television" in box 2, and "Staying Up Until Your Regular Bedtime" in box 1.

Show the chart to the children and say, "This chart is to help you learn to solve your differences quietly and without involving the rest of us. Monday morning, the chart goes on the refrigerator. Every time your arguing disturbs us, we will mark off a number, beginning with 10. The first five numbers are free. But the last five boxes represent things you like to do. When you lose one of those, you also lose *for the rest of the week* the privilege that goes with it. Each Monday, a new chart goes up and we start fresh."

Remember that you aren't forbidding all arguing, just *noisy* arguing. Once the chart is up, if the kids shatter your peace by yelling at one another or asking you to referee, simply say, "Because you can't seem to solve this problem without disturbing me, I'm marking off the next number. I suggest you find a quiet way to handle your differences before you lose another."

Suddenly, the children have cause for cooperation, and within a couple of weeks you should notice a change for the better. In subsequent charts, the "free" numbers should gradually be reduced to two. Keep the chart in force for a few months, because it takes at least that long for the behavior change to become permanent.

Acting up in public

The problem of controlling a youngster in public places is one you can banish using a simple method involving tickets.

In advance of your next perilous trek to a grocery store or shopping center, cut three ticket-size rectangles out of sturdy paper and draw a smiling face on each. Just before entering the store, review the rules. Tell your children to stay with you at all times, to ask permission before touching anything and to talk quietly.

Then hand over the tickets and say, "These three tickets are going to help you remember the rules. Every time you break a rule, I'm going to take a ticket away. When we get home, you must have at least one ticket left in order to go outside. If you lose all three tickets, then you'll have to stay in the house with no television for the rest of the day."

The incentive can be anything the child is looking forward to later in the day, but it should be a privilege, *not* a reward. Contrary to what most people think, rewards are not effective discipline tools. The best way to use rewards is to surprise, rather than bribe. For example, if your child is extra good and loses no tickets, honor the achievement with a surprise ice-cream cone.

Throwing temper tantrums

If your youngster is 3 or older and still throws tantrums, you can forget trying to ignore the displays. Not only will they get worse, but you'll probably end up throwing a few tantrums of your own as well.

continued

Illustration: Ken Westphal


A big stain needs a big name.
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When the sweet taste of the grape lingers a bit too long, reach for the Clorox® PreWash. Just spray, then wash with detergent and tough stains become a memory. And that's a promise from a very big name in clean. Clorox.®
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PEOPLE AND PETS

If you'd like your family pet featured in one of our upcoming "People and Pets" columns, send us a color photograph or slide of you and/or another family member and your pet, along with a letter telling us in 100 words or less why you think your pet is special. Send your letter to: People and Pets, Features Dept., *Better Homes and Gardens*, 1716 Locust St., Des Moines, IA 50336. All letters and photography become the property of *Better Homes and Gardens* magazine and will not be returned.

DISCIPLINE

continued

There's a practical solution: Desi nate an area where a child has perm sion to throw tantrums, as often and loudly as he chooses. The catch is th the tantrum area is the *only* place which the child can have a tantru That way, you'll contain the chil screaming, rather than punish or nore it (neither of which is effecti with tantrums).

Making discipline eas ier for yourself an your kids requires in genuity, resolve, an common sense—bu the task can be done.

Ideally, the place should be readi accessible, childproof, and isolate Some possible sites are bathroom basements, hallways, even small ar rugs. If there's no better place, t child's room will do.

Introduce the approach by remin ing the child there are lots of plac throughout the house where people specific things. There's a place for ta ing a bath, a place for sleeping, a pla for cooking, and so on. Then say, "Ta trums are special things, too, so we' decided that you need a *tantrum pla* We looked all over the house and deci ed that the downstairs bathroom w just right for your tantrums. There room for you to roll around and t walls are close, so your screams w sound really loud. From now on, wh you want to have a tantrum, go there, shut the door, and scream all y want. When you've stopped screamin you can come out."

The trick is to present the idea as you're doing the child a favor, whi also conveying that you mean busines From then on, the moment a tantru starts, direct (or take) the child to t tantrum place and tell him to st there until it's over.

Don't expect instant results. The fir few times, the child will probab emerge before the tantrum has subsi ed. If so, just take him back, gently b firmly.

—By John Rosemond, family psychologist

CASABLANCA 1985



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And The Intelligent Window also knows how to help eliminate condensation—and even that drafty feeling—from around your windows. That means more comfort.

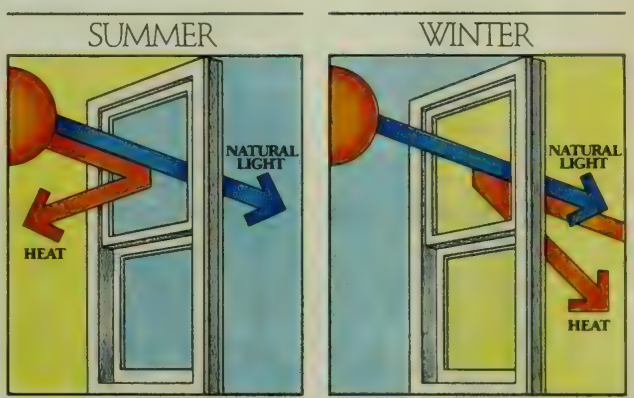
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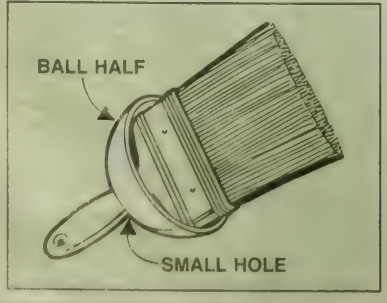
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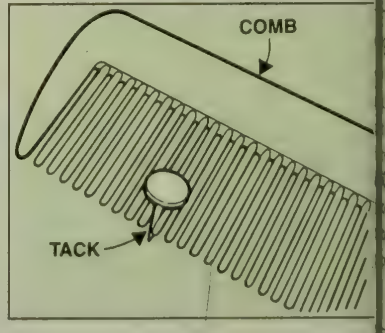
BUILDING TIPS, TOOLS & TECHNIQUES

PROBLEM: When you trim around ceilings, paint runs down the brush handle onto your hand.
SOLUTION: Buy a child's flexible plastic ball. Cut it in half and cut a small hole in the bottom of a half. Push the paintbrush handle through to form a cup to catch the paint.
H. Hoover, Pa.



This feature is written by you. It's a wide-ranging collection of installation tips and shop shortcuts that you—and millions like you—have picked up as do-it-yourselfers. We pay $25 for each problem solver we publish. See the box opposite for submission details.

PROBLEM: Painting window trim is a tedious job. You can slop on paint, let it dry and scrape it off the glass, but that's a lot of work.
SOLUTION: Cut a cardboard (the kind dry cleaners use for folding shirts) template the size of the windowpane. Hold the template over the pane while you paint the trim. This technique keeps most paint off the pane and saves scraping.
L. Watts, Tenn.



PROBLEM: When you are workin with tacks, you can't find a good way t hold the tack for the first tap or tw with a hammer. Needle-nose pliers ar too big and cumbersome to handle Pushing the tack through a piece o cardboard is one way, but then yo can't see exactly where you are nailing

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

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OLUTION: Push the tack between ıe teeth of a plastic pocket comb—st far enough up in the teeth to hold You can see where you are nailing, ıd the comb slips off easily.

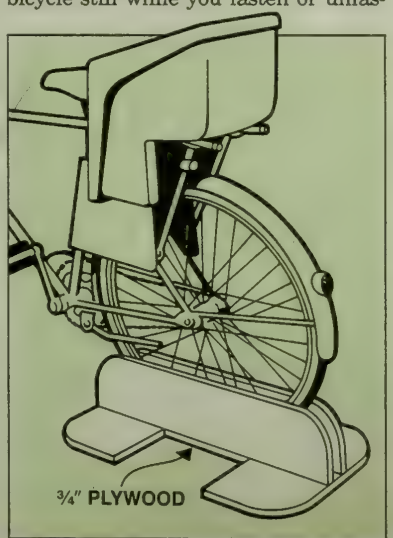
C. Troy, Conn.

ROBLEM: You are installing safe- features in your car, but you think ır fire extinguishers are too expensive ıd too bulky to keep in the passenger ea.

OLUTION: Keep ordinary baking ›da in the glove compartment. It ›mes in a small box and it's effective ır extinguishing fires.

F. Pruitt, S.C.

ROBLEM: You enjoy taking your anddaughter for rides in your bicycle passenger seat, but you can't hold the bicycle still while you fasten or unfasten the seat's safety belt.



SOLUTION: Make a bike stabilizing stand. Use ¾-inch plywood. Make the horizontal braces 20 inches long and 8 inches high. The channel between the braces is just a fraction wider than the width of your bike tire.

C. Culver, Mich.

PROBLEM: You want to clean a bottle, but the mouth and neck are too small to get any kind of bottle brush inside.

SOLUTION: Put a tablespoon of uncooked rice in the bottle, add a few drops of dish-washing detergent and enough water to completely cover the rice. Shake vigorously for a few seconds. Then pour out the rice and detergent-water and rinse.

S. Quan, Calif.

Do you have handy do-it-yourself suggestions or shortcuts you'd like to share? Mail them to Tips, Tools, and Techniques, Better Homes and Gardens, 1716 Locust St., Des Moines, IA 50336. We will pay $25 for each idea accepted for publication and reserve the right to shorten or otherwise edit all copy. Your materials will be acknowledged, but not returned. If your tip is purchased, you give Meredith Corporation the right to use it in any manner and for as long as we wish. We do not accept previously published ideas.



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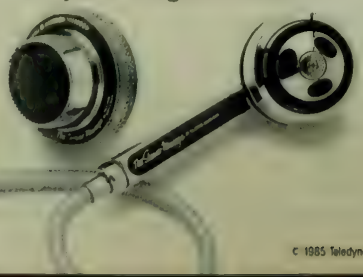
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SNORING

NOT JUST ANNOYING, BUT A CALL FOR HELP

Loud snoring often is the first sign of sleep apnea or "snoring disease," particularly when a person stops breathing and starts again with a gasp. This disease probably won't kill you, but it can make your life unpleasant.

Tossing and turning

Enlarged tonsils or adenoids, polyps, a deviated nasal septum, and chronic nasal congestion all cause obstructions that help set the stage for sleep apnea. During sleep, the patient's air passages are momentarily blocked, forcing the sufferer to awake in order to resume breathing. This may happen hundreds of times during the night. "They don't know it," says Peretz Lavie, Ph.D., director of the Diagnostic Sleep Laboratory at the Technion-Israel Institute of Technology in Haifa, Israel, "but these patients actually haven't slept at all."

The snoring disease affects approximately 2 million Americans, primarily middle-aged men. Frequently, a spouse's complaints first cause the snorer to visit a doctor. If sleep apnea is diagnosed, the condition can be eased either through medication or surgery. Going on a diet may help; snoring often is associated with being overweight.

Daytime problems

Dr. Lavie's research also has linked sleep apnea to hypertension, moodiness, and problems at work. He found that patients complaining of excessive daytime sleepiness tended to have significantly more work accidents. Job morale also is lower. "Sufferers from snoring disease frequently get no satisfaction from their jobs and want to change jobs," he adds.

Historically, research on sleep disorders has centered on insomnia because it is easy for patients to recognize and for physicians to diagnose. Dr. Lavie predicts that as the consequences of sleep apnea become more well known, sleep research will focus more on people who can't stay awake, rather than on those who can't fall asleep.

DOOR TO DOOR SERVICE.





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HEALTH UPDATE

By Lynne Lamberg

THE RIGHT WAY TO DRIP AN EYE DROP

Most of us use eye drops from time to time, but few know that how you put them in makes a difference. These tips will help you make the most of the medication you're applying:

- Use a single drop. Any more will only be wasted.
- Look up, pull out your lower lid to form a pouch, and put the drop in; look down and close the eye. Do not blink.

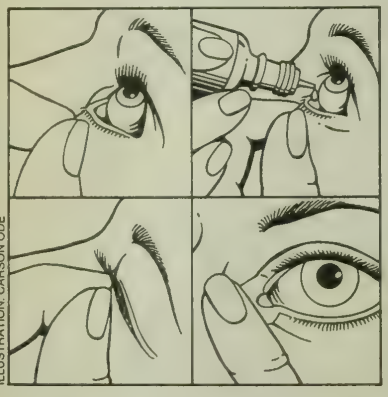
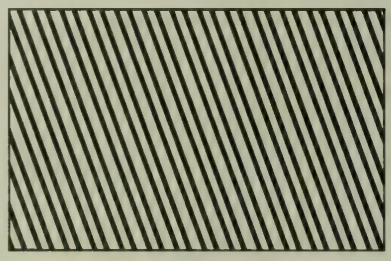


ILLUSTRATION: CARSON ODE

- Press your finger against the inner corner of your closed eye for at least one minute after you've applied the drop. That reduces absorption of the medication into the bloodstream.
- Wait several minutes between applications if you're using more than one drug in the same eye.
- Avoid touching the eye with the dropper tip, which may trigger a tear reflex and wash the medication out. It also may contaminate the dropper.

A SAFE TRIP UP AND DOWN

When stepping on or off an escalator, close one eye and tilt your head slightly to the side. You may look odd, but you probably won't stumble. That's because the action eliminates the disorientation often experienced on moving stairways, according to Dr. Theodore Cohn of the University of California at Berkeley. The disorientation occurs because the treads of the escalator fool the brain's ability to sense depth. Normally, an image seen by both eyes at once is fused by the brain into a single image. But the repeating pattern of cleats and grooves in escalators makes it hard for the eyes to focus on a single point. Sometimes the brain directs the eyes to fuse cleats on different steps.



"The result," says Dr. Cohn, "is that the tread will appear to be where it isn't—at least 5 inches above or beneath its actual location." In those circumstances, you're likely to stumble.

As many as 60,000 falls occur on escalators in the United States every year. For reasons that aren't entirely clear, people fall more often when riding up than down. Holding the handrail helps, as does directing your gaze at the sidewalls or other riders. Meanwhile, Dr. Cohn reports, studies are in progress to see if redesigning escalator treads can ease the problem.

COSMETIC REACTIONS

Skin care and hair products, makeup, nail preparations, and fragrances lead the list of cosmetics most likely to cause an inflamed, itchy rash or other allergic reaction on the skin, according to a nationwide study.

Nonetheless, such reactions are relatively infrequent, affecting only about three of every 1,000 consumers, according to a five-year study by the North American Contact Dermatitis Group, specialists in skin allergies. Four in five of those affected are women.

Skin testing identified 87 ingredients that set off reactions. Most frequently at fault are ingredients in fragrances, preservatives to prevent bacterial contamination, and a chemical often used in hair dyes, paraphenylenediamine.

Most cosmetics are well labeled, so if you know you're allergic to a substance you can avoid reexposure. Ingredients in fragrances, however, are trade secrets and thus not required on package labels. Nevertheless, most manufacturers will tell you whether their product contains a specific ingredient, if you write and ask.

If you suspect that a cosmetic is to blame for a skin reaction, switching to another brand may not help. Most products designed for the same purpose contain similar ingredients. For a persistent skin problem, see your doctor.

A SOUND IDEA FOR AUTO SAFETY

Although many teenagers seem to disdain use of car seat belts, few drive without the radio on, observed Dr. John Clark and Nancy Johnson of the University of Utah Medical School. Many lives might be saved, they suggested in a letter to the editor of the *New England Journal of Medicine*, by universal



ILLUSTRATION: SLUG SIGNORINO

adoption of a simple measure: wiring the car radio so that it turns on only when the seat belt is buckled. "Once the initial reaction had subsided," they wrote, "we believe that young drivers would not think twice about getting into their cars, buckling their seat belts (i.e., turning on their radios), and pulling into traffic."

continued



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Read and follow label directions. If pain persists for more than 10 days, consult a physician immediately.

continued

TROUBLE SLEEPING? STAY OUT OF BED!

If you're plagued by insomnia, you may sleep better if you spend *less* time in bed, according to researchers at New York's Montefiore Medical Center.

Insomniacs often stay in bed for eight hours, but they typically sleep only five or six hours, according to Dr. Arthur Spielman, now Director of the Sleep Disorders Center at the City College of New York.

Research shows that when people spend prolonged amounts of time in bed, they frequently take a half hour or more to fall asleep and waken numerous times during the night.

In an eight-week study, Dr. Spielman and his colleagues restricted the hours 35 chronic insomniacs spent in bed and found that their sleep improved.

In the beginning, the subjects estimated the total time they slept each night and that average was set as the maximum time each subject was to spend in bed. All were instructed not to take naps or lie down during the day.

Subjects checked in with the researchers daily, reporting when they went to bed and got up and how long they slept. Every five days, their "sleep efficiency" was calculated by dividing the hours slept by the time spent in bed. People who slept for 90 percent or more of their time in bed got to stay in bed 15 minutes longer. But those who weren't sleeping well got less bed time. By the end of the study, 86 percent of the insomniacs said they slept better and longer than at the start. Six months later, the majority still slept better. The most successful were those who continued to restrict time in bed.

If you want to try the cure on yourself, keep in mind that you must reduce your time in bed drastically—perhaps several hours—Dr. Spielman says. To do that, stay up later, but get up at the same time every morning. After a week or two, when you start sleeping better, extend your time in bed by no more than 15 minutes. When you regularly spend under 30 minutes awake during the night, add another 15 minutes.

Although daytime sleepiness is a problem in the beginning, sleep restriction offers a valuable alternative to drug therapy, Dr. Spielman says, especially for people who have had insomnia for many years.

A DEATH IN THE FAMILY

People expect to feel sad when a close family member dies; they do not expect to feel anger or to become ill, however. And yet both reactions are common, according to an extensive study of bereavement conducted by the Institute of Medicine of the National Academy of Sciences in Washington, D.C.

Of the 800,000 Americans who lose a spouse each year, up to 160,000 will be seriously depressed a year later. Bereavement of parents following the death of a child—at any age—often is prolonged because of the untimeliness of such deaths.

Anger seems to interfere with grieving, the study suggests. While virtually everyone experiences distress after a death in the family, widows and widowers who rated their marriages as happy recovered their equilibrium more swiftly than those whose marriages had been conflict-ridden.

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Sources: *Contemporary Pharmacy Practice* 1982; 5:246-249. *Physicians' Desk Reference® for Nonprescription Drugs* 1984; Edition 5.

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Can What You Eat Affect The Way You Feel?

By Lynne Lamberg

We know that certain foods, like caffeine and alcohol, can change the way we feel. But what about other foods? Can carrots or milk or spaghetti or steak alter your behavior? Is it possible that what you eat can make you alert or sleepy, calm or anxious, cheerful or depressed? Can the time of day you eat some foods have an impact on your mood or behavior?

More and more specialists in nutrition and medicine are asking questions like these—and finding some provocative answers. In fact, a national conference, sponsored by the American Medical Association, the International Life Sciences Institute, and the Nutrition Foundation, Inc., was convened recently to explore the connections between what people eat and how they act and feel. Here's evidence that supports or deflates some common claims about links between diet and behavior.

CLAIM: Carbohydrates make you sleepy; proteins make you alert.
EVIDENCE: In general that's true. Carbohydrates—found in grains, fruits, vegetables, and sweets—raise levels of the chemical, serotonin, which is thought to foster sleep. Proteins—found in fish, poultry, meat, eggs, and milk products—blunt that chemical.

Eating large amounts of carbohydrates starts a chain reaction. It first triggers the release of the hormone insulin, which then causes all but one amino acid circulating in the blood to be absorbed into body tissues. The amino acid that doesn't get absorbed is tryptophan, which then has an opportunity to get into the brain. Once there, tryptophan increases the serotonin.

A high-protein meal, however, keeps large amounts of tryptophan out of the brain, according to Dr. Richard Wurtman of the Massachusetts Institute of Technology. The reason: Although protein contains lots of tryptophan, it doesn't cause the absorption of other amino acids the way carbohydrates do. That means less tryptophan gets into the brain. This research suggests you should have a high-protein, low-carbohydrate breakfast and lunch to keep you alert and an evening snack high in carbohydrates and low in protein to help you sleep.

CLAIM: A nursing mother's diet affects her baby's behavior.
EVIDENCE: That might be so. A recent study conducted at the Children's Hospital Medical Center in Boston showed that altering a bottle-fed baby's diet (by adding small doses of tryptophan and carbohydrates to the formula) can alter the speed at which the baby falls asleep after a feeding.

Whether these findings translate to breast-fed babies isn't known yet, however. Dr. Michael Yogman, who headed the study, says that although changes in the amount of carbohydrates a nursing mother eats may change the carbohydrate content of her breast milk, it's too early to advise nursing women to eat anything other than lots of fluids and a well-balanced diet.

CLAIM: Sugar makes kids jittery.
EVIDENCE: Although many people think that's so, research suggests otherwise. Dr. Judith Rapoport, at the National Institute of Mental Health, did a study on elementary-school-age boys who, according to their mothers, became restless, impulsive, or inattentive after eating sugar.

For the study, the children consumed comparable-tasting lemon-flavored drinks sweetened with saccharin or saccharin and sugar. The children were observed on three separate days and wore monitors on their belts to provide continuous records of physical activity. The results showed

continued

Food and Your Brain

Certain foods appear to act much like drugs in the way that they alter brain functions. Nobody is sure precisely which foods do this or exactly how it happens, but here's what we do know:

After food enters your digestive system, it is broken down into chemical compounds simple enough to be absorbed into your bloodstream. Your blood carries the compounds throughout your body to provide energy and to promote growth. A barrier keeps many food substances from entering the brain, but others are carried in by special molecules in the brain's blood vessels. Once there, several have a special ability to increase the levels of brain chemicals known as neurotransmitters, which are instrumental in affecting the way we behave.

How food affects you may be influenced not only by changes in brain chemistry, however, but by your age, sex, medicines you are taking, and other factors.



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Wendy's new Light Menu. It's a delicious menu of lower calorie meals that lets you indulge yourself without feeling one ounce of guilt.



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continued

that the boys receiving the sugar drinks were *less* active than those receiving the saccharin.

CLAIM: What you have for lunch determines whether you'll have a midafternoon slump.

EVIDENCE: Your lunch has some effect on how you'll feel in the afternoon, but the chances are good that you'll have a midday slump regardless of when, what, or even whether you eat. The slump is a normal response to a daily dip in body temperature.

You can reduce the impact of that drop in temperature, however, by watching what you eat for lunch. In one study, male college students were more alert and did better on tests of reaction time and intellectual skills after eating turkey (a protein) for lunch than they did after a high-carbohydrate lunch. The research, conducted by Dr. Harris Lieberman of the Massachusetts Institute of Technology and Dr. Bonnie Spring of Texas Tech University, indicated that it took about three hours for the adverse effects of carbohydrates to fade.

How much you eat seems to be important, too. Another study found that people make more mistakes on tests after they eat a heavy meal of about 1,000 calories than after a light lunch of about 300 calories. Don't conclude that no lunch would be even better, however. Many studies show that people perform even worse on an empty stomach.

The Right Diet

Standard nutritional advice—eat a well-balanced diet—still holds. That means daily servings from each of the four food groups—milk and cheeses; meats, fish, poultry, and beans; fruits and vegetables; and breads and cereals.

There may be individual differences in nutritional requirements and some people may have idiosyncratic reactions to specific foods. If you think a certain food is having an adverse effect on you or a family member, try to avoid the food for at least two weeks. Then introduce it again to see whether there is any difference.

Beware of a change from your habitual routine as well. Eating more or less than usual also made errors soar.

CLAIM: Commonly eaten foods cause criminal acts.

EVIDENCE: None of the often extravagant claims about foods and criminal behavior has been backed up by research published in accepted scientific journals. Such theories drew national headlines when Dan White, on trial for killing San Francisco Mayor George Moscone and city supervisor Harvey Milk in 1978, claimed he suffered from a "diminished capacity" because he had eaten copious amounts of sweets, potato chips, pretzels, soft drinks, and other "junk food." Mr. White was convicted of voluntary manslaughter.

Although there is no research to back up the food and criminal acts connection, the majority of juvenile detention centers in California no longer serve chocolate, other sweets and refined sugar products, or some foods containing additives. Some institutions in other states have followed suit.

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Menopause can mean the beginning of serious problems for 1 in 4 women

My mother found out 20 years too late



Fortunately, I know something she didn't. The reason so many women become stooped and frail after menopause is a bone disorder called osteoporosis.

Osteoporosis is a gradual, abnormal loss of bone tissue that can begin during menopause. In its early stages, osteoporosis may have no symptoms at all. But eventually it causes bones to become so weak and fragile that they can no longer support weight...and a movement as simple as standing up can cause a bone to fracture.

Left untreated, osteoporosis can cause painful collapse of the spinal column. Osteoporosis results in progressively more stooped posture, or "dowager's hump," and loss of height. And osteoporosis is the major reason why so many older women suffer broken hips.

I wish I could tell you osteoporosis is rare. It isn't. It affects one out of every four women over the age of 45. And each year approximately 200,000 women break a hip because of osteoporosis. I wish I could tell you osteoporosis is non-life-threatening. I can't. Complications resulting from osteoporosis-related hip fractures now constitute the 12th leading cause of death in the United States.

What can be done to help prevent osteoporosis?

A lot. If you start early...and see your doctor. Proper diet, calcium supplementation, regular exercise, and cutting down on smoking and alcohol are important preventive measures. But these measures may not be enough. Only your doctor can give you an individualized program to prevent osteoporosis.

To receive a free booklet about osteoporosis, send a stamped, self-addressed envelope to: Osteoporosis, Campus Road, Totowa, NJ 07512. And see your doctor now. You owe it to the woman you're going to be in 20 years.

Osteoporosis

See your doctor before the damage is done

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9266/884

ANESTHESIA

REDUCING THE RISKS

The prospect of receiving an anesthetic is scary, and there are risks, but you can relax. Leveling with your anesthetist concerning vital background information will help to make the procedure a safe one.

FILL IN THE BLANKS

Prior to surgery—generally the day before—your anesthetist will meet with you to discuss your medical background, allergies, health habits, and previous experience with anesthesia. (This also gives *you* a chance to ask questions.) In some cases, particularly those involving minor surgical procedures, the anesthetist will obtain the necessary information from your surgeon or physician. All information is kept confidential.

The following factors will affect how you react to anesthesia.

- **Overall physical condition.** Your exercise and dieting patterns affect how your body metabolizes and eliminates anesthetics. The better your physical condition, the more easily you will recover from anesthesia. If you are in poor shape and the surgery is elective, you may choose to raise your level of physical fitness *before* you undergo the operation.
- **Smoking.** Smoking not only robs your body of oxygen needed for healing; it interferes with breathing. This can cause you additional pain after surgery and can make you more prone to pneumonia. You should quit smoking—or at least cut down—several weeks prior to surgery.
- **Alcohol.** Withholding information about drinking can be life threatening. Alcohol prevents the liver from functioning properly, thus affecting the anesthetic process. Also, it is not uncommon for heavy drinkers who are hospitalized for several days before surgery to experience withdrawal symptoms while under anesthesia.

The "closet alcoholic" is of particular concern. This person does not want to

continued

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ANESTHESIA

continued

admit to anyone—including the anesthetist—that he or she has a drinking problem.

● **Drugs.** There's no question but that prescription medications and illegal drugs can affect how your body reacts to anesthetics. But you may be surprised to know that such commonly used over-the-counter medicines as aspirin, antihistamines, laxatives, eye drops, diet pills, and sedatives can cause heart or blood pressure irregularities during the anesthetic procedure.

If you have been taking any medications or using any substances (legal or not), inform your anesthetist. This is particularly important for elderly patients, many of whom may be taking several prescription drugs at the same time.

GETTING READY

As surgery draws near, you most likely will be asked to adhere to these precautions.

● Don't consume food or water for at least 8 hours before surgery. Having food in the stomach before anesthesia is administered may cause vomiting, which can interfere with breathing.

● Don't take medication in any form unless instructed to by your anesthetist or physician.

● Notify your doctor immediately if there is any change in your physical condition. Fever, cold, and chills may indicate an underlying infection.

SPECIAL PRECAUTIONS FOR OUTPATIENTS

When surgery is performed on an outpatient basis, you can usually go home after a few hours of postoperative observation. But while the surgery may seem minor in nature because you're going home that night, there is no such thing as minor anesthesia.

After outpatient surgery, have someone drive you home to watch for signs (such as nausea) of problems.

During the first 24 hours after surgery, you may experience minor effects of the anesthesia. Don't drive or operate complex machinery. Also refrain from drinking alcoholic beverages or from taking medication, since these substances might interact with the anesthetic still in your body.

MORE INFORMATION

For a free brochure, "Anesthesia Safety and Patient Responsibility," send a self-addressed, stamped, *business*-size envelope to: American Association of Nurse Anesthetists Brochure, P.O. Box 39158, Dept. Z, Chicago, IL 60639.

—By Judi Pierick

Editor: Carolyn McNurlen

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New Help for Bed Wetters

One in ten 6-year-olds and one in 100 adults have trouble getting through the night without wetting the bed. Boys are twice as likely to be afflicted as girls.

Several methods for treating the problem no one wants to talk about are effective, but combining them works best, says Dr. Martin Scharf, who runs a bed-wetting clinic at the Jewish Hospital of Cincinnati.

WHY DOES IT HAPPEN?

In the majority of cases, bed-wetting runs in the family, according to Dr. Scharf. The cause is frequently a small bladder, and, in those instances, the child eventually outgrows the problem. Sometimes, however, the cause is urinary tract infections, diabetes, or an obstruction of the urethra. Those conditions are less common, but anyone over age 6 with a bed-wetting problem needs a medical examination.

TACTICS TO TRY

Here's how parents can help youngsters stop wetting the bed:

- Give your child responsibility for changing his own wet sheets and pajamas. That tells the child he must do something about the problem himself.
- Boost bladder capacity by giving your child abundant amounts of fluid after school or on weekends. At the same time encourage him to keep from urinating for as long as possible.
- Try wetness alarms.
- Encourage your child to rehearse getting up to go into the bathroom when he feels the urge to urinate.
- Give rewards for dry nights.

DRUG THERAPY

Although the drug imipramine is effective in helping a child stop bed-wetting, many physicians prefer not to prescribe it because, in most cases, when the drug is stopped, wetting resumes. Imipramine is best used only for very brief periods.

—By Lynne Lamberg



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Facts About Fasteners

Have you ever heard of Tinnerman nuts or drywall screws? How about security screws or threaded bolt inserts? Here's an introduction to these out-of-the-ordinary fasteners and a few tips on how you might put them to use.

Tinnerman nuts are widely used in automobiles. For instance, you might find some of these little strips of spring steel behind your dashboard. The holes in these fasteners accept machine screws or sheet metal screws. Spring action holds the nut in place while the screw is tightened and eliminates the need for a lock washer.

Idea: Use Tinnerman nuts to mend roof gutters or reattach a lawn mower housing.

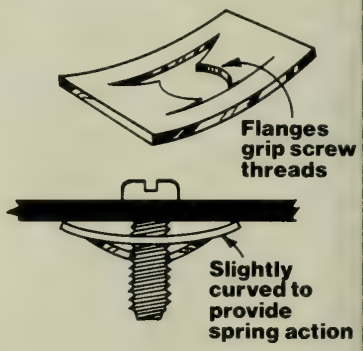
Security screws are used by restaurants and other commercial establishments to prevent theft of fixtures. The head is slotted to accept a conventional screwdriver, but the sides of the slot are modified so that they grip the screwdriver only when it turns clockwise to drive the screw home. In the counterclockwise direction, the screwdriver has nothing to grip because the sides of the slot are sloped: the tip of the screwdriver slips out of the slot no matter how carefully you turn it. In order to remove security screws, you need a different kind of tool that's specially designed to mate with the screwhead.

Idea: Use security screws to attach an antique door knocker to your front door. (To locate suppliers in your area who carry Tinnerman nuts and security screws, check the Yellow Pages under Tool Suppliers or Nuts and Bolts.)

Drywall screws, as the name suggests, are used by drywall installation professionals who work with power screwdrivers. These hardened, threaded fasteners hold drywall better than nails. They're also excellent for wood-to-wood applications. Their super-sharp points let you start them easily, their deeper-than-usual Phillips slot keeps the driver in the screw, and their coarse thread lets you drive them in quickly with either a hand screwdriver or power drill equipped with a Phillips bit.

Idea: Use drywall screws instead of wood screws to speed up the assembly of your next carpentry project.

TINNERMAN NUT



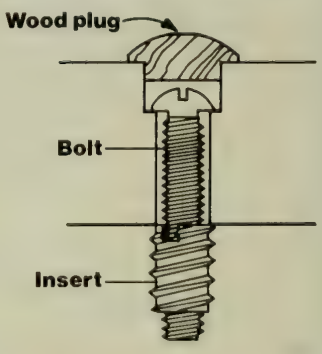
SECURITY SCREW



DRY-WALL SCREW



THREADED BOLT INSERT



A *threaded bolt insert* is threaded both outside and inside. The outer thread allows you to drive the insert into a hole bored in wood; the inner thread accepts a machine screw, making a very strong joint that's easy to disassemble.

Idea: Use threaded bolt inserts to make your own take-apart furniture. (Drywall screws and threaded bolt inserts are available at most hardware stores and building centers.)

Illustrations: Blaser Kimball

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SALMON CAPER BROIL

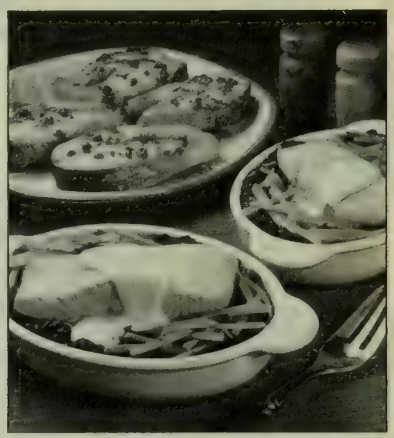
- **2 tablespoons butter *or* margarine, softened**
- **1 tablespoon capers, chopped**
- **1 tablespoon snipped parsley**
- **¼ teaspoon dried fines herbes, crushed**
- **4 fresh salmon steaks**

Stir together butter or margarine, capers, parsley, and fines herbes. Place salmon on greased, unheated rack of broiler pan; spread with *half* of the butter mixture. Broil 4 inches from heat 7 minutes; turn. Spread remaining butter mixture over fish. Broil 5 minutes more or till fish flakes. Serves 4.

SALMON ST. JACQUES

- **1¼ to 1½ pounds fresh salmon fillets, skinned**
- **1 cup sauterne**
- **1 small onion, chopped**
- **2 sprigs parsley**
- **1 bay leaf**
- **2 10-ounce packages frozen chopped spinach**
- **1 cup carrots cut into julienne strips**
- **1 cup celery cut into julienne strips**
- **1½ cups light cream**
- **4 teaspoons cornstarch**
- **¼ teaspoon ground nutmeg**
- **Dash paprika**

Cut salmon into 4 portions; place in large skillet. Add sauterne, onion, parsley, bay leaf, and ¼ teaspoon *salt.* Bring to boiling; reduce heat. Cover; simmer 5 to 8 minutes or till fish flakes easily. Cook spinach according to package directions. Drain; keep warm. Cook carrots and celery, covered, in boiling salted water 8 to 10 minutes; drain and keep warm. With slotted spatula, remove fish from skillet; keep warm.



Strain fish-cooking liquid; return to skillet. Bring to boiling. Boil, uncovered, till liquid is reduced to ½ *cup.* Combine the cream, cornstarch, nutmeg, paprika, and ⅛ teaspoon *salt;* stir into skillet. Cook and stir till bubbly. Cook 2 minutes more. Spread spinach in four 16-ounce au gratin dishes. Arrange salmon, carrots, and celery atop; drizzle sauce over all. Serves 4.

Photograph: Scott Little

Tastefully dressed steak.



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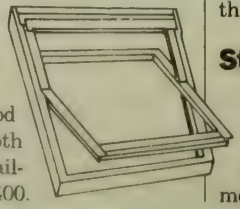
REMODELING

Windows Atop Let the Sun Shine In

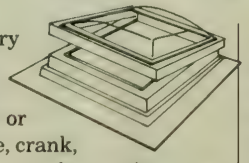
Extra daylight, warm sunshine, and unexpected glimpses of stars and blue sky—these are what you gain almost overnight by adding a skylight or roof window. The cost is miminal compared to the enjoyment, and you probably can do the installing yourself.

Two general categories

Roof windows install only on sloping roofs or sidewalls, not flat roofs; otherwise, they're quite similar to skylights. Roof windows are made with tempered glass; skylights are made with tempered glass or durable plastic. Both types have aluminum or wood frames. Prefab units vary in size depending on the number of rafters they span. You also can custom-order skylights or roof windows to fit a given opening. Prices range from $50 for a self-flashing, plastic-glazed skylight to $1,000 for an operable, wood-framed roof window. Good quality units in both categories are available for less than $400.



Each category includes operable (venting) types that open or close with a pole, crank, or small motor, or that spring open when you release the latch. Some roof windows pivot inward for easy cleaning; others swing out from the bottom.



Roof windows and raised-frame skylights rest on curbs (wood or metal). Others install flush with the roof. Some raised-frame types have built-in curbs that are insulated and self-flashing.

Standard glazing options

Most residential skylights are glazed with acrylic plastic. Roof windows are glazed with tempered glass. Clear units allow the most light to enter and provide maximum heat gain. High-quality clear glazing is specially treated to resist yellowing, hazing, or dulling caused by prolonged exposure to sunlight. Bronze glazing complements the color of most roofing materials, cuts down on heat gain, and produces an interior light similar to that created by incandescent bulbs. Translucent white glazing (skylights only) diffuses light, producing soft, glare-free illumination.

Energy-saving extras

Skylights and roof windows are available with double or triple glazing and insulated curbs to help reduce heat loss and condensation. Other options include built-in shading devices or specially coated glazings that trap heat without reducing light intake.

Illustration: Jerry Rank

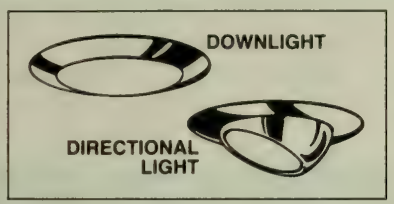
New Recessed Fixtures for Just-Right Lighting

Your rooms take on a special glow and your prized possessions draw admiring glances. These are some of the benefits you gain by rounding out your lighting scheme with a cadre of recessed fixtures. Already a versatile mainstay of home lighting, recessed fixtures are now available in an expanded range of types and styles.

Recessed incandescents

Recessed incandescents provide general lighting in living and playing areas, and task lighting for work areas. They also supply accent lighting for conversation pieces. Incandescents are especially good choices for low ceilings (like those in remodeled basements). For general lighting, space the fixtures 6 to 8 feet apart. For task lighting, install them 15 to 18 inches apart.

Downlights. As their name suggests, these fixtures beam a narrow band of light straight down from the ceiling. When positioned close to a wall—about 12 inches away and 32 inches apart—they produce a scalloped pattern of light on the wall. Used alone, downlights accent objects placed directly below. High-quality downlights are equipped with built-in reflectors and a lens, louver, or diffuser (mounted across the bottom) to prevent glare.



Directionals. With some recessed fixtures you can adjust the direction of the light. These include eyeball wall washers and pinpoint spots. Pinpoints are especially good at concentrating light or concealing the source of illumination, whereas wall washers bathe an entire wall in pleasantly warm light.

Recessed fluorescents

Like other kinds of fluorescent lighting, recessed fixtures provide a lot of light for relatively little money (compared to the cost of powering incandescents), which makes them perfect for bathrooms, kitchens, laundry rooms, and recreation areas. Well-made fluorescents have diffusers that reduce glare and spread the light around.

Illustration: Carson Ode



Raid Roach Foam goes deep into places sprays can't reach. Its deadly foam fills cracks and crevices to kill hidden roaches dead.

Raid kills bugs dead

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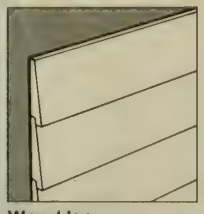
BUILDING

WOOD SIDING
NEW CHOICES

Natural wood siding can give your house a terrific face-lift. And it's not too hard to install it yourself if you have a little experience and a few tools. Here's a rundown of the basic types of siding available at most lumberyards and building centers and some tips on how to install and maintain each type.

Wood lap

Lap siding comes in random lengths and a variety of woods (cedar, redwood, cypress, fir, and pine). Correctly installed and maintained, lap siding will last as long as the house itself. To protect against rot, some sidings, notably pine and fir, should be treated with a sealer. Clear, water-resistant bleaching oil, pigmented stain, or latex or alkyd paint does the job nicely. Pine and fir need periodic refinishing, but redwood, cedar, and cypress are impervious to rot and fight off termites exceptionally well.

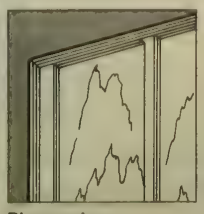


Wood lap

Plywood

Plywood panels—usually 4×8s, 4×9s, or 4×10s—install much faster than board siding. Each piece covers a larger area and requires fewer checks for plumb and square. Most panels may be applied directly to the wall studs. All joints must be caulked, shiplapped, battened, or backed with building paper; the wood must be finished with a semi-transparent or solid-color stain or all-acrylic latex paint.

Most plywood panels need refinishing from time to time. Nearly all carry warranties of anywhere from 10 to 20 years, but properly maintained, plywood should be serviceable for the life of the house.



Plywood

MDO plywood

MDO (medium-density overlay) features a smooth or textured layer of resin-coated paper bonded to the plywood. Like manufactured hardboard, it offers an excellent paint surface, while retaining plywood's exceptional strength.

MDO is available in the same standard sizes as conventional plywood. Although it's more expensive than regular plywood, MDO accepts paint better. It also stands up well to extreme weather and resists chipping and denting. In addition, MDO's resin-coated surface keeps a finish longer than other wood siding, so it requires less maintenance.



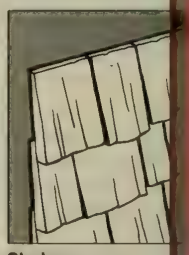
MDO plywood

Shingles and shakes

Cedar shingles have smooth surfaces; shakes are highly textured. Both ward off moisture and turn away termites uncommonly well. Shingles and shakes also are reasonably simple to install. You can apply them in single or multiple courses (plywood panels with shake or shingle veneers). In either case, approximately 8 inches of each shake or shingle should be exposed.



Shingles



Shakes

Cedar weathers to a soft gray, but also can be bleached, painted, stained. Shingles and shakes are naturally durable, and will last a long time. Still, if you live in a warm, humid area of the country, it's wise to treat the wood with a mildewcide. Unseasoned types may rot, warp, and split.

Illustration: Mary Grandpré

Get rid of ugly soap scum.

Get the one that gets rid of both.

WIPES OUT SOAP SCUM TOO

TILEX

THE PERFECT MEXICAN SEASONINGS COME IN THREE COLORS.

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Virginia Slims remembers when women were first introduced to racquet sports.



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NEW SHADE® SUNSCREENS. FOR THE BEST PROTECTION UNDER THE SUN.

No other line of sunscreens has the NEW SHADE 3-WAY PROTECTION FORMULA.

Shade Sunscreens give you a combination of unsurpassed protection against sunburn and unsurpassed protection against skin damage. In addition, you can't buy a more waterproof line of sunscreen products.

1 Nothing gives you better sunburn protection.

If you or someone in your family has the kind of skin that burns easily, new Shade Sunscreens are for you. They've been specifically developed to screen out the sun's ultraviolet B rays that can burn your sensitive skin.

2 Nothing protects better against long-term skin damage.

Shade Sunscreens not only protect against B rays, they also screen out the sun's ultraviolet A rays that can be one of the causes of premature aging of the skin. More important, liberal and regular use can even help prevent skin cancer caused by overexposure to both A and B rays.

3 The Shade Sunscreen line is even more waterproof than Sundown.

Shade Sunscreens won't swim off. You and your family can dip and dunk and dive into the water and still be protected. Even longer than you can be protected by Sundown.® registered trademark of Johnson & Johnson

The 3-way protection Shade formula not only lets you and your family get out in the sun, it lets you enjoy it.



Water Bed Bedding

Switching from a conventional innerspring mattress to a standard-style water bed also means changing the type of sheets you buy. For a proper fit, you'll need specially designed water bed sheets. Here are some quick answers to help with questions you may have about these customized linens.

● *Which types of water beds require special sheets?*

Standard-style water beds have bladder-type mattresses that are supported by a liner and a frame, and require specially designed sheets.

Hybrid water beds, which have water cavities surrounded by foam, look much like a conventional innerspring mattress and can be used with a regular box spring. Hybrid mattresses do not require specially made sheets.

● *How do water bed sheets differ from regular sheets?*

The most important difference is their construction. To keep water bed sheets securely in place, the bottom sheet has gusset corners that slip beneath the mattress. The top and bottom sheets also are sewn together along the bottom edge for a tighter fit.

● *What styles are available?*

Water bed sheets aren't offered in every pattern and color you see in conventional bedding, but the selection is growing. You can choose from many solid colors and prints. Like regular sheets, water bed sheets are available in muslin, percale, and satin.

● *Where can I buy water bed sheets?*

Water bed specialty shops offer the widest selection of water bed sheets, and they also can special-order sheets for you. Large department stores and major mail-order catalogs carry water bed sheets, too, but the sizes may be limited to queen and king.

● *How much do water bed sheets cost?*

Prices do vary, so it pays to shop around. For example, a percale, queen-size sheet set with pillowcases can cost from $30 to $50. King-size sets are priced from $5 to $10 higher than queen-size sets. Promotionally priced sheets also are available at specialty shops, but they tend to be made of lower quality fabric than the regular sets.

● *What other types of bedding are made for flotation mattresses?*

You can find a variety of top treatments for your water bed. Many sheet sets have coordinating comforters that you tuck in neatly around the mattress.

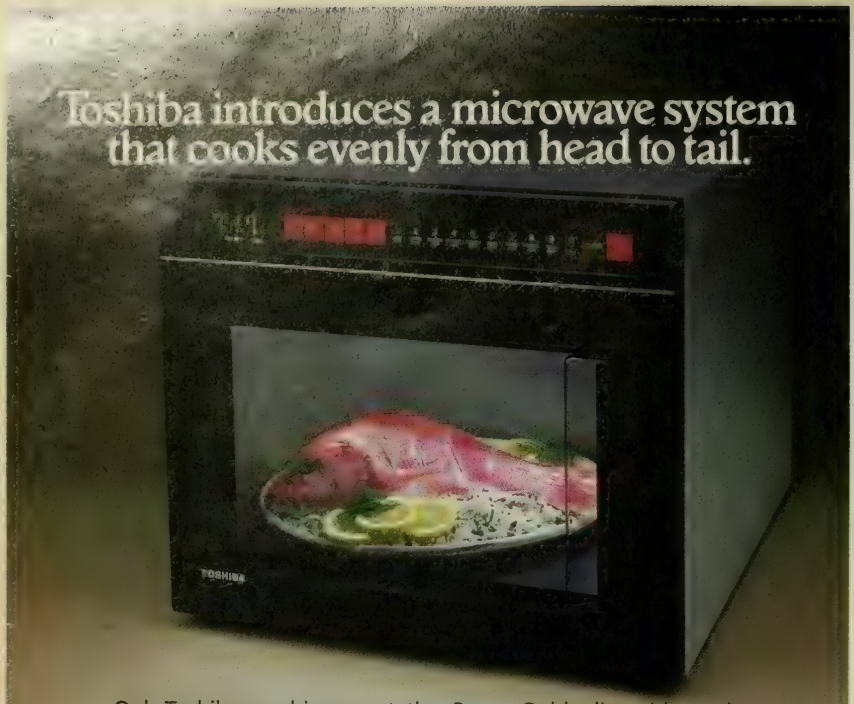
Fairly new on the market are quilted water bed covers that just touch the edge of the exposed bed frame. These new covers are handsome and also simplify making the bed.

For a more conventional look, you also can find bedspreads cut to water bed sizes. Many accessories, like matching pillow shams and bolsters, also are widely available.

It's a good idea to buy a mattress pad that's specifically made for a water bed when you buy your sheets. The pad acts as a buffer between you and the mattress and provides additional warmth and comfort. Most pads have elasticized corners that fit snugly around the water mattress. BHG



Toshiba introduces a microwave system that cooks evenly from head to tail.



Only Toshiba combines a rotating Power Guide disc with a unique method of bending microwaves. The result? Perfectly even cooking from end to end. The new Toshiba also has a roomy 1-cubic foot interior and automatic time or temperature cooking. And thanks to our new vertical design, it won't eat up much space.

In Touch with Tomorrow
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Toshiba America, Inc., 82 Totowa Road, Wayne, NJ 07470

bedroom space crunch. Built-in sleeping platforms let you steal space from odd-shaped niches and unimpressive corners. Maybe you can even do it yourself. Here's a closer look.

Bedroom hideaway

The step-up platform and L-shaped laminate room divider instantly transform awkward floor space into a luxurious retreat (*bottom right*). Upholstered in pastel silk, the wraparound acts as a headboard, stereo cabinet, and art ledge. The carpeted platform provides the base for a twin mattress, dressed up with a fitted fabric cover. Add a wall-mounted reading light and some plump pillows, and you're ready for a good book or a good night's sleep.

Making room for two

When space is of the essence, every little corner counts. These platform beds (*bottom left*) form a compact sleep/play area big enough for two. The trim L-shape design fits neatly into the corner, putting to work potentially wasted space in front of the windows. Thanks to clever planning, the extra-high platform conceals stashed bedding, toys, or even a "secret" playhouse.

Photograph, below: Bill Maris
Design: Von Stade Designer Showhouse
Field editor: Bonnie Maharam
Photograph below left: Ernest Braun. Design: Debbie Furano
Field editor: Helen Heitkamp

D E C O R A T I N G

Platform Options for Tight Spaces

Figuring out where to squeeze in the dresser or wedge in the bed can confound a more imaginative remedy for a



Compact bilevel platform beds afford small legs an easy ascent.



A silky mattress and plump pillows add allure to an attic nook.

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Recipe: Pour 2 oz. Amaretto di Saronno in tall glass or goblet. Fill with ice and Minute Maid orange juice. Garnish with lime.



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Hurry! Offer expires October 31, 1985. Allow 6-8 weeks for processing and delivery. Good only in USA. Void where prohibited, taxed or otherwise restricted. Not responsible for lost or misdirected mail. No purchase required. Offer fulfilled by: P.M.D., 5130 Industrial Dr., P.O. Box 1127, Maple Plain, MN 55393



FOOD

Homemade Candy Bars

This candymaking adventure can be fun for the whole family. Put younger children in charge of measuring ingredients and let older kids work with cooking the candy. Everyone can be a part of the assembly line.

CRUNCHY CHEWY CHOCOLATE BARS

- ½ cup granulated sugar
- ¼ cup butter *or* margarine
- ¼ cup light cream *or* milk
- 1 cup tiny marshmallows
- 2 cups sifted powdered sugar
- ¾ cup chopped peanuts
- 1½ cups vanilla caramels
- 2 tablespoons butter
- 1 tablespoon light cream *or* milk
- 1 pound chocolate-flavored confectioners' coating



Crunchy Chewy Chocolate Bars (with the nuts) and Nutty Coconut Candy Bars.

Line an 8x8x2-inch baking pan with foil; extend over edges. Butter foil. In saucepan combine sugar, the ¼ cup butter or margarine, and the ¼ cup cream. Cook over medium heat to boiling 6 to 8 minutes, stirring constantly. Cook over heat 3 minutes more; stir occasionally. Mixture should boil at a moderate, steady rate over entire surface. Remove from heat. Add marshmallows; stir till melted. Stir in powdered sugar, then chopped peanuts. Spread evenly in pan. Cool 20 minutes.

In a heavy 1½-quart saucepan combine caramels, the remaining butter, and cream. Cook over low heat till caramels are melted; stir occasionally. Pour over mixture in pan. Chill 1 hour. When firm, use foil to lift out of pan; invert. Cut into 2x1-inch rectangles.

Melt confectioners' coating. Dip rectangles, one at a time, into coating. Sprinkle additional peanuts on top. Dry on waxed paper. Store, tightly covered, in a cool dry place. Makes 32.

NUTTY COCONUT CANDY BARS

- 3¼ cups sifted powdered sugar
- 1 3-ounce package cream cheese
- 1 teaspoon vanilla
- 1⅓ cups coconut
- ½ cup chopped candied cherries
- 1 pound chocolate-flavored confectioners' coating

Butter baking sheet; set aside. Combine sugar, cheese, and vanilla till crumbly. Stir in coconut and cherries. Knead till blended. Turn out onto foil. Pat into a 10x5-inch rectangle. Chill 30 minutes. Cut into 2x1-inch rectangles. Dip, one at a time, into melted coating. Dry on waxed paper. Makes 25.

Photograph: Scott Little



The last time she saw England.

The newlyweds were off to live in America. She had put off ing good-bye until the very last moment.

As always, he had something for her: an antique cameo och. "It was your mother's," he said. "I know she'd want you ıave it." Then she tried to put her feelings into words.

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scount	.95	1pm–6pm
andard	$1.26	7am–1pm

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Cooking Oil Options

Corn oil, soybean oil, peanut oil, olive oil—and the list goes on. Oils vary in flavor and cooking properties, and with this guide you'll be able to choose the best oil for your cooking needs. For cholesterol-free cooking, rely on the vegetable oils mentioned here.

All-purpose cooking oils

For everyday cooking, keep on hand a bottle of pure (100 percent) vegetable oil or an oil blend. The most common pure oils are corn, soybean, safflower, sunflower, and peanut oil. Oil blends based on these oils, and coconut and/or cottonseed oil also are available. The product label tells which oils might be present in the blend; food manufacturers aren't required to name these oils.

All-purpose oils are clear and light yellow. Their mild flavor makes them suitable for all kinds of cooking. Because these oils can withstand high temperatures, they are ideal for frying.

Specialty cooking oils

Some oils are noted for their rich and intense flavors. *Olive oil,* undoubtedly the most popular, ranges from fruity to nutty in flavor, golden to green in color. The flavor and color depend on the quality and variety of the pressed olives. All olive oil is derived from a single, cold pressing. *Extra virgin olive oil,* for instance, refers to the highest quality product. *Pure olive oil* is a combination of extra virgin and refined olive oils. Use olive oil to dress salads, marinate meats, and sauté vegetables. Olive oil is sometimes used in oil blends.

Oils derived from nuts and seeds are now readily available. A drop or two of *sesame seed oil, walnut,* or other *nut oil* adds flavor to foods. Try these oils for stir-frying and in salad dressings.

low to dress a delicious Vlasic® pickle.

Casual



Formal



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Vlasic refrigerated Deli Dills are not available in all areas...yet.

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LAURA ASHLEY
FOR BURLINGTON

Signing Up For Cooking School



From intimate classes in a home to department store lectures, cooking classes provide fun for cooks of all ages. Before you choose a school, consider the possibilities:

MATCH YOUR INTERESTS

What cooking topic are you interested in? And how much time are you willing spend at it? Some cooking schools specialize in hour-long sessions; other schools offer courses (six to 12 sessions) that meet once a week. Review the cooking classes available, then find out if they are lecture and demonstration, all participation, or a blend of both. Classes that stress technique and allow for participation help build your confidence. Demonstrations provide lots of information in a short period of time.

PIN DOWN THE COSTS

Fees vary greatly. Find out if the course fee covers grocery expenses, or if there will be an additional charge. Expect to pay more for classes that use costly ingredients, allow generous samplings, or feature famous chefs.

Just as courses vary, so does the expertise of the instructors. Teachers certified through The International Association of Cooking Schools meet its strict standards. To locate an IACS-affiliated teacher, send a stamped, self-addressed envelope to: International Association of Cooking Schools, 1001 Connecticut Avenue, NW, Suite 800, Washington, DC 20036.

Illustration: Chris Greco

How can you tell the Grillmaster® from the rest?



Does this answer your question?



It's very easy to tell a high protein, low calorie Grillmaster Chicken Frank from any other poultry frank; it's the one that tastes better. That's why, in an independent taste test, people picked the rich, meaty taste of Hygrade's Grillmaster over the best selling poultry frank. And we think you will too. So try Grillmaster Franks, and Cheese Franks. They're unquestionably better tasting.



Grillmaster. It's the one with the secret ingredient. Taste.

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For a brochure, write Action Ind., Dept. BH54, Box 1627, Tupelo, MS 38802.

Solar Hot Water: How Good an Investment?

Of all the uses for solar energy, heating water has proved to be the most cost effective. How much it will save you depends on many factors—most notably, how expensive fuel is in your area and how much your new solar system costs. Here are some points to consider when deciding whether or not a solar hot water system is worth buying.

Annual Savings from a Solar Hot Water System

CITY	PERCENT SOLAR	NATURAL GAS—$/CCF					ELECTRICITY—$/KWH				
		.40	.50	.60	.70	.80	.05	.06	.07	.08	.09
Atlanta, Ga.	72	$70	$90	$105	$125	$140	$180	$215	$250	$290	$325
Dallas, Tex.	80	70	90	110	130	145	185	225	260	300	335
Boston, Mass.	57	65	80	100	115	130	165	200	230	265	300
Chicago, Ill.	62	70	90	105	120	140	175	215	250	285	320
Cheyenne, Wyo.	80	90	110	135	155	180	230	275	320	365	410
Fargo, N. Dak.	61	75	95	115	130	150	190	230	270	310	345
Kansas City, Mo.	71	80	95	115	135	150	195	235	275	315	350
Phoenix, Ariz.	94	85	105	125	150	165	215	260	300	345	390
San Francisco, Calif.	81	80	100	120	140	160	205	245	285	325	365
Seattle, Wash.	51	60	70	90	100	115	150	180	210	240	270

Cost of fuel

Fuel costs vary widely across the country. In the Northwest, for example, hydroelectric power is relatively inexpensive at 2 cents per kilowatt-hour. In Chicago, though, electrical rates are 9 cents; in New York City you'll pay 15 cents per kilowatt-hour. If your utility costs are low, alternate energy systems may not make economic sense—at least right now. But utility rates are bound to rise, and although no one knows how high they'll climb, most analysts expect at least a 10 to 15 percent boost annually for some time.

Cost of the system

Active solar hot water systems generally cost about $3,000 to $7,000; on the average, a two- to four-collector system (costing about $4,000 to $5,000) will keep a family of four well-supplied. If you have a large family or use much more hot water than average, you may need up to six collectors to maintain an adequate supply of hot water.

You can reap tremendous savings on your system by taking advantage of the federal residential energy credit, and any state tax credits that may apply. Solar hot water systems installed through December of 1985 qualify for the 40 percent federal income tax credit, which allows you a credit of 40 percent of the cost of the system, up to a maximum credit of $4,000. In effect, you are receiving a 40 percent discount on your hot water system. (Pick up a copy of Publication 903 from your local IRS office for more information.)

How much can solar save?

Depending on the availability of solar energy in your part of the country, and on your utility rates, you could save a bundle. Listed in the first column of the chart *(above)* is the average annual percentage of hot water needs (the *solar fraction*) that can be supplied by the sun in each of ten cities. Sunny cities, such as Phoenix, naturally have a high solar fraction. Most Northern cities have much lower percentages. But remember that even though the sun usually can't provide northern climes with a high *percentage* of hot water, a solar heater still may save as much money as a system in a warmer environment because of the cost of fuel.

Other factors besides fuel costs also affect savings—how much water you use, the efficiency of your system, even the temperature of the groundwater in your area. For this chart we assumed a family of four that uses 80 gallons of 120-degree water per day. The calculations are based on a *closed loop* hot water system that has three single-glazed, 3x7-foot collectors.

Now let's estimate the number of dollars you can expect to save. Select the city from the chart with a climate most like your own, and find the column that indicates the type of fuel you use and the price you pay for it. (Columns are listed according to dollars per cubic foot of natural gas and cents per kilowatt-hour of electricity. If you aren't sure what your utility rates are, call your power company or check a recent bill.)

If your climate is similar to Chicago, for example, and you pay 7 cents per kilowatt-hour for electricity, you can save about $250 a year by adding a solar hot water system. If your fuel costs are higher than indicated on the chart, you can do some quick math to estimate savings. For a Chicago-like climate, note that annual dollar savings increase about $35 per penny of rate increase. So if your rates are 15 cents per kilowatt-hour, simply multiply $35 by 6 ($210) and add it to $320, for an annual savings of $530 per year.

Now that you know how much money you'll save per year, you can estimate how many years it will take to pay back the entire cost of the system. You alone can decide if the payback is acceptable. A seven-year payback, or less, used to be considered a good investment. Now, however, many analysts consider 10 or 12 years an acceptable payback. Remember, too, that utility rates are continuing to rise; assuming a 15 percent increase per year, rates will double in seven years. That means you could pay back the cost of the system much more quickly.

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But if you do buy the Day & Night system, and have it installed by August 15th, you'll get the bond *plus* free electricity. One half of your highest monthly bill for the summer, after installation, will be reimbursed by Day & Night. And your energy efficient unit will keep on saving money for you. Year after year.



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day & night


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Introducing KRAFT Pour on the Cheese Topping
It's the first cheese topping that pours.
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La-Z-Boy® Signature II™ Sleep Sofa

It not only adds elegance, it adds a bedroom.

The new La-Z-Boy® Signature II™ sleep sofa. It looks like a luxurious living room sofa, because that's what it is. But carefully hidden beneath its elegant exterior is the mechanism that makes it the most comfortable, durable, best engineered sleep sofa that you can buy at any price. All of which should come as no surprise. After all, it was designed and built by the same craftsmen who have been making the world's finest reclining furniture for well over fifty years... and that could only be La-Z-Boy.

Shown here is just one of the many fashionable styles available in a wide array of both beautiful and long-lasting fabrics.



The new La-Z-Boy Signature II sleep sofa. Whether you're looking at it, sitting on it, or sleeping in it, it's beautiful. See it now at your authorized La-Z-Boy dealer. And add your name to the list of millions of satisfied La-Z-Boy customers.



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Look for this label as your assurance of genuine La-Z-Boy quality.

Seen Too: The Kitchen

SHOWSTOPPING STYLE IN AN OPEN PLAN



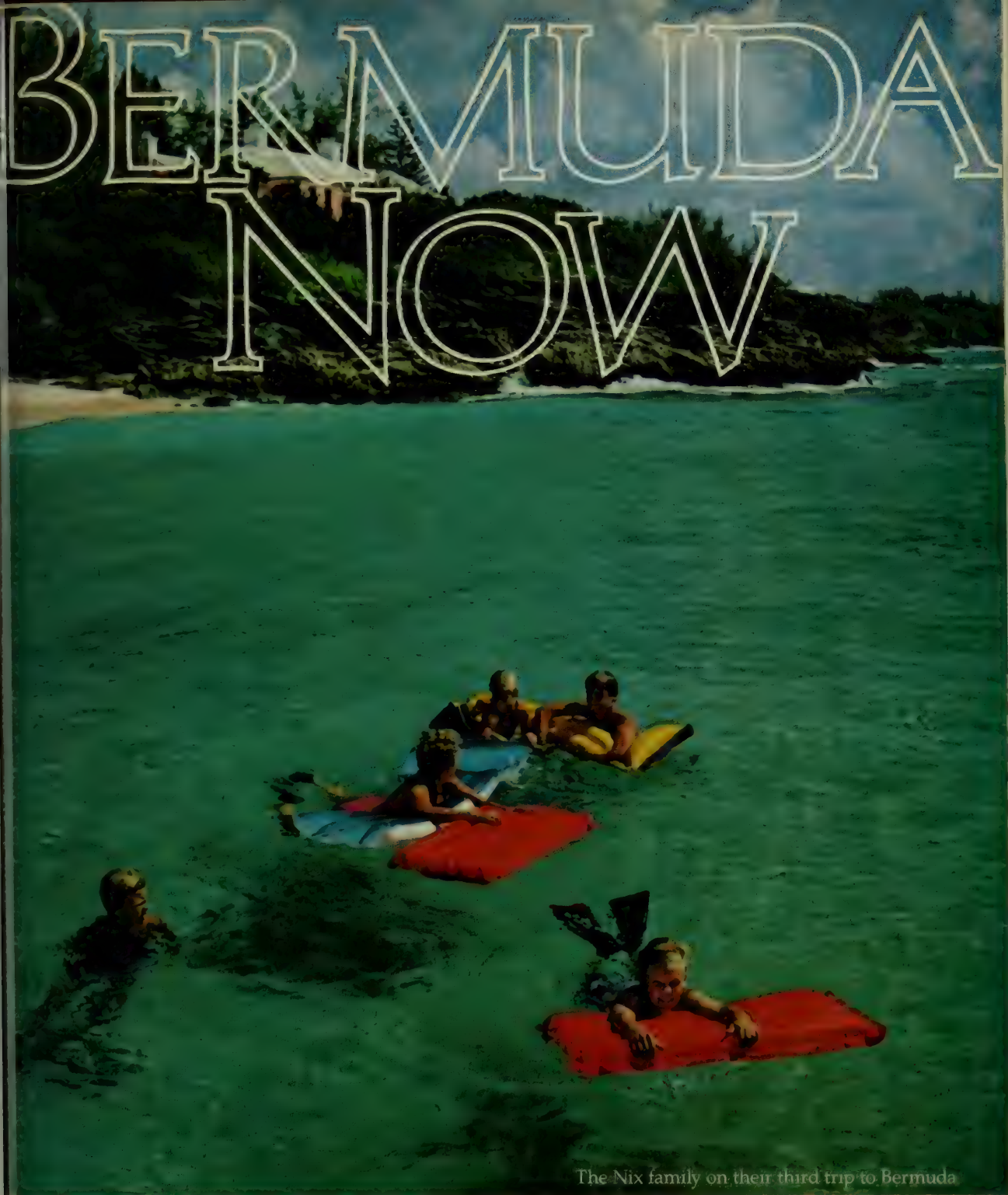
High tech meets art deco in this open-plan kitchen—with dazzling results! Yet the layout couldn't be simpler: everything lines up neatly along one wall, sharing plumbing with the bathroom. The razzle-dazzle treatment shows what you can do with lofty flair.

Most of the drama centers on a curved canopy that frames the entire work space. Here, the canopy's whimsical form and color palette play off against exposed joists and wood strip flooring in a converted warehouse loft. (If loft living isn't your scene, dramatize your open kitchen a different way by setting it into a wall of glass or nestling it beneath a cathedral ceiling.) The canopy drops to form soffits above the range and refrigerator, bracketing a low-voltage lighting strip over the sink. Metal shelving on the wall airily underscores the room's industrial pedigree while adding center-stage display space for the owner's glassware.

Out front, the playful curves repeat themselves in semicircular storage compartments at each end of the island. Between them, shallow shelving on the kitchen side leaves legroom on the dining side for snackers and kibitzers. The two "columns" rising behind the canopy hide plumbing stacks and an air duct.

Photograph: Jessie Walker
Architect: Kenneth Schroeder & Associates

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No charge for younger persons (under 19) staying at The Cloister for golf and afternoon tennis. No charge for their room shared with parents—only for meals. Meals included too during summer festival July 7-Sept. 2. Daily playtime through summer frees parents.

Combine brown sugar, flour, and ginger. Add juice mixture. Cook and stir till bubbly. Stir in pears and orange sections; keep warm. Combine egg, yogurt, muffin mix, and 2 tablespoons sugar; stir to mix. Turn fruit into 10x6x2-inch dish; spoon batter atop into 6 mounds. Sprinkle coconut atop. Bake in 350° oven 25 minutes. Serves 6.

CHERRY-PINEAPPLE COBBLER

- **1 21-ounce can cherry pie filling**
- **1 8-ounce can crushed pineapple**
- **1 cup all-purpose flour**
- **½ cup sugar**
- **1½ teaspoons baking powder**
- **½ cup milk**
- **¼ cup butter *or* margarine, softened**
- **¼ cup chopped walnuts**
- **Sugar and ground nutmeg**

Combine pie filling and *undrained* pineapple. Bring to boiling; keep warm. Combine flour, ½ cup sugar, and baking powder. Add milk and butter or margarine; beat smooth. Turn fruit into an 8x8x2-inch baking dish; spoon dough atop. Top with nuts. Sprinkle with sugar and nutmeg. Bake in a 350° oven 25 minutes. Serves 6.

Photograph: Scott Little

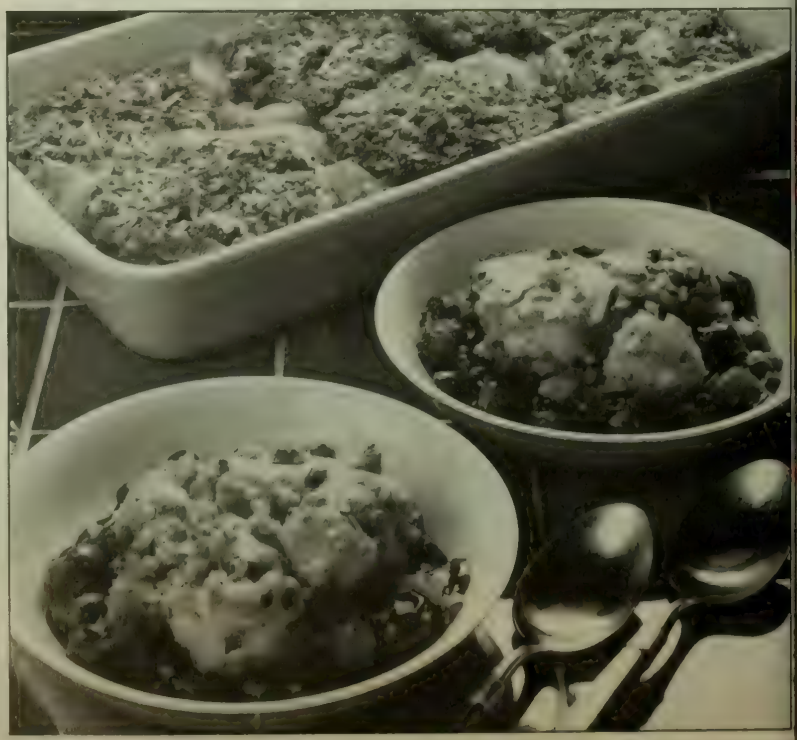
Any-Season Fruit Cobbler

Prepare these homey desserts in no time, anytime, using canned fruit and other shelf-handy ingredients.

EASY PEAR-ORANGE COBBLER

- **1 16-ounce can pear slices**
- **⅓ cup orange juice**
- **⅓ cup packed brown sugar**
- **2 tablespoons all-purpose flour**
- **¼ teaspoon ground ginger**
- **1 11-ounce can mandarin orange sections, drained**
- **1 beaten egg**
- **½ cup orange yogurt**
- **1 7-ounce package bran *or* honey-bran muffin mix**
- **2 tablespoons sugar**
- **¼ cup flaked coconut**

Drain pears, reserving liquid; add enough liquid to juice to make 1½ cups.



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Jenn-Air is the Grill-Range designed for the way we live now.

Our unique surface ventilation system lets you grill indoors without a hood.

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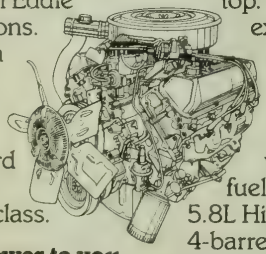
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More Bauer to you!

Ford Bronco and Bronco II—not one but two tough 4-wheelers for '85—both with Eddie Bauer style. They're all dressed up with everywhere to go!

Now Ford offers you a choice of big Bronco (seats 5 or 6) or trim-size Bronco II (seats 4) in special Eddie Bauer editions. Both have a lot of good things in common—besides Ford toughness and Bauer class.



More power to you.

Both have plenty of power on tap. Power that eases you through hard off-road going and makes all driving more fun.

Bronco II's 2.8L V-6 gives you power no other small V-6 4-wheeler can top. It's standard at no extra cost. Bronco starts with a big high-torque 4.9L Six, standard. Adds a 5.0L V-8 with new electronic fuel injection. Plus a 5.8L High Output V-8 with 4-barrel carb—and 27% more horsepower than Blazer's biggest engine.*

Unique suspensions.

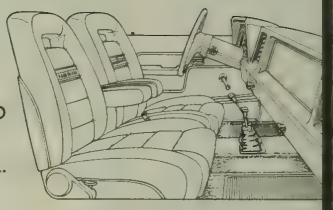
Both Broncos have independent front suspension to absorb off-road jolts so you don't have to. And to help keep wheels glued to the ground for solid traction.

Both give you a proven 4-wheel-drive system with a choice of manual or optional automatic locking hubs.

And now both offer you the special looks and luxury of Eddie Bauer editions.

The Bauer Broncos.

These unique 4-wheelers have high-styled interior and exterior trim. They include dual Captain's Chairs, floor console and much more. Plus Eddie Bauer gear bag, travel blanket and visor organizer. And, to top it all, "Ford Care" extended maintenance and limited warranty program. One beautiful package!



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Ford Bronco II

t' ll together—Buckle up!

YOU CAN'T TURN A CHICKEN WING INTO A BUFFALO WING WITHOUT IT...



CHICKEN WINGS-BUFFALO STYLE
2½ lbs. wings (12 to 15 wings)
4 tbls. RedHot (or more to taste)
½ cup butter/margarine, melted.

ORIGINAL BUFFALO WINGS: Split wings at joints, discard tips; pat dry. Deep fry at 400° (high) until crispy (12 minutes). Remove; drain. Combine RedHot and butter. Toss wings in sauce to coat completely. Serve with celery sticks and a blue cheese dip.

NO FRY METHOD: Bake split wings 30 minutes at 350°. Place in bowl and marinate in RedHot and butter mixture for 3 hours or overnight; turn twice. Before serving, broil 5 minutes on each side 3-4" from heat. Turn and brush often with extra marinade until crispy.



...and flavor, not just heat.

DECORATING

Romantic Formality for Upstairs Hallway



Elegant furniture makes this spacious upstairs hallway an inviting getaway.

Shared moments happen where you least expect them when you make the most of your home's out-of-the-way places. Versatile furniture turns nooks, niches, and even hallways into intimate spots for eating, talking, or just plain pampering.

Grand hallway

Like many old homes, this circa 1900, Federal-style house possesses rich wood floors, spacious hallways, and large, sunny windows. These features pleasantly converge in an upstairs hallway, thoughtfully furnished to take advantage of the space.

Fittingly, the owners chose graceful 18th-century reproductions to complement their home's architecture. A traditional upholstered camelback sofa and Chippendale armchair establish the elegant and unexpected seating area. At the window, a coordinating swagged valance lends the niche an air of traditional formality.

Gracious dining

The versatile Hepplewhite drop-leaf table makes the space function. With the ends dropped down, the narrow table provides a compact showplace for the owners' antique brass candlestick collection. Opened and dressed up with antique linen and heirloom china, the table forms the heart of a romantic dining spot for two.



Set the table and romance blooms here.

Dim the lights, light the candles, and pull up a chair. With only a few slight changes, the stage is set for an intimate dinner, a leisurely breakfast, or an elegant afternoon tea.

Photograph: Jessie Walker. Design: Anne Bartling

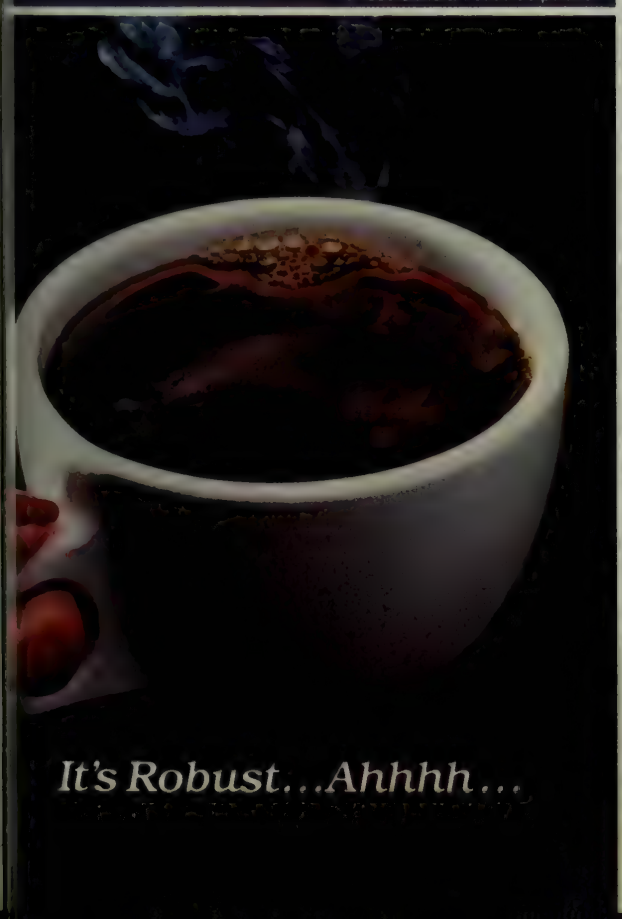


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It's Hearty...



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Fancy Picnic Fare

Next time you share lunch with friends, make it a festive picnic. Prepare the main-dish salad and dessert ahead. Then at picnic time, complete your food basket with an assortment of breads, cheeses, and a chilled beverage.

BULGUR CHICKEN TOSS

- ½ cup bulgur wheat
- 1 cup cooked chicken cut into strips
- 1 cup shredded Chinese cabbage
- ½ cup chopped cashews
- ⅓ cup shredded carrot (1 medium)
- ¼ cup shredded parsnip
- 2 tablespoons thinly sliced green onion
- 3 tablespoons olive *or* salad oil
- 2 tablespoons grated Parmesan cheese
- 2 tablespoons lemon juice
- Several dashes bottled hot pepper sauce

Place bulgur in bowl; add 1 cup *boiling water.* Let stand 1 hour. Drain off excess liquid, if necessary. Add chicken, cabbage, cashews, carrot, parsnip, and onion. Chill. In a small bowl combine oil, cheese, lemon juice, hot pepper sauce, ⅛ teaspoon *salt,* and ⅛ teaspoon *pepper;* mix well. Toss with bulgur mixture. Cover. Chill several hours. To tote, transfer to covered container. (Salad may be stored in insulated container up to 4 hours.) Garnish with carrot curls. Makes 3 servings.

COCONUT DESSERT SOUP

- 3 slightly beaten eggs
- 1 7¾-ounce can sweetened coconut juice
- ½ cup milk
- 1 8-ounce can crushed pineapple

In a heavy 1-quart saucepan combine eggs, coconut juice, and milk. Cook and stir over medium heat just till mixture coats a metal spoon. Remove from heat; cool at once by placing the pan in a sink or bowl of ice water and stirring for 1 to 2 minutes. Stir in *undrained* pineapple. Cover and chill. To tote, transfer mixture to insulated container. (Soup may be kept in insulated container up to six hours.) To serve, pour soup into individual serving containers. Garnish with toasted coconut. Makes 3 servings.



Photograph: Scott Little

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A Space-Gard central air cleaner fits into the ductwork of your heating and cooling system, to trap dirt, dust, smoke, and irritating pollen. Space-Gard takes pollutants out of circulation, so your whole house stays cleaner. It works so well doctors nationwide recommend Space-Gard for allergy sufferers.

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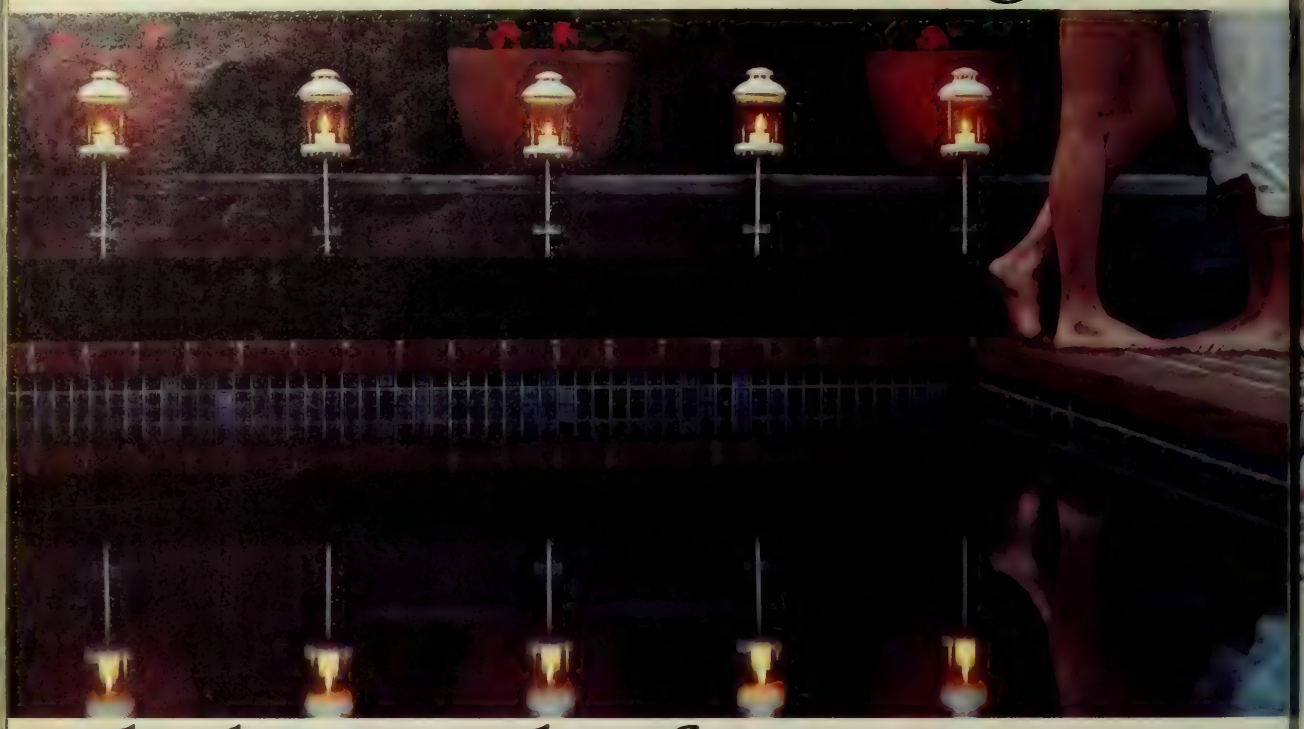
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The mood lasts all evening.



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Nothing makes a summer evening more special than the glow of new WeberLanterns.™

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Because unlike ordinary backyard candles, new WeberLanterns won't blow out. A unique adjustable damper protects them from wind and water—so you light them once, and enjoy them all evening.

What's more, like all Weber products, WeberLanterns last for years. And because they're virtually indestructible, you can use them in places you wouldn't dare use backyard candles. You can attach them to a railing. Or use them to edge a walkway. They're even safe at poolside.

Your Weber dealer has an assortment of colorful WeberLanterns—as well as the kerosene-fueled WeberTorch™—on display now. So see them today.

And make tonight something special.



From the biggest name in your backyard. weber.

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LIGHT N' LIVELY Singles—great taste with ½ the fat!
They create a delicious, good food mealtime combination!



Chocolate à l'Orange Cheesecake

(Mixes in 5 minutes.)

8-ounce package softened cream cheese
14½ ounce can sweetened condensed milk
3-ounces melted, cooled semi-sweet chocolate
1 cup *undiluted* CARNATION® Evaporated Milk
6-ounce can thawed, frozen orange juice concentrate
9-inch ready-prepared pie crust shell

Beat cream cheese smooth in small mixer bowl. Slowly add sweetened condensed milk, then chocolate, then evaporated milk; beat smooth. Add orange juice concentrate; blend one minute. Pour into pie shell. Freeze 1½ to 2 hours. Makes 9-inch pie.



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Make these delicious low calorie pops with strawberries or bananas, too.

RASPBERRY POPS (Makes sixteen 3-ounce pops)

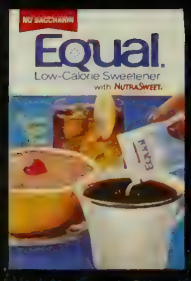
- 1 package (16 ounces) thawed, frozen unsweetened raspberries
- 1 cup orange juice
- 24 packets EQUAL® Low-Calorie Sweetener
- ½ cup dry CARNATION® Nonfat Dry Milk
- ½ cup ice water
- 2 tablespoons lemon juice
- Wooden pop sticks or plastic spoons

Puree raspberries (2 cups), strain to remove seeds, if desired. Combine raspberry puree, orange juice, and Equal in bowl. Place dry nonfat milk, ice water, and lemon juice in mixer bowl. Beat on high until stiff, about 6 minutes. Fold into fruit mixture. Spoon into 3-ounce paper cups. Partially freeze. Insert pop sticks or plastic spoons. Freeze.

OTHER DELICIOUS FLAVORS: Substitute 2 cups pureed ripe bananas or strawberries for raspberries.

For More Delicious Recipes, Carnation® Nonfat Dry Milk offers ***On The Lighter Side.*** Equal® Low-Calorie Sweetener offers ***Equal Fruitful Delites.***

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TWO GRAND PRIZES

NEW MERCEDES BENZ 190E

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The unique one piece design and special cleansing formulas of Summer's Eve provide convenience and gentle freshness.

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Shout is thicker than those watery thin stain removers. So Shout can concentrate more cleaning power on the stain. To remove even your toughest stains better.

Want a tough stain out? Shout it out!

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FABULOUS FAMILY ROOM ADD-ONS

GREAT SPACE, GREAT LOOKS

By William L. Nolan

"We should have done it years ago." That's what you'll say when you begin enjoying that new family room you've been planning. Few remodeling projects offer more tangible rewards—or a handsomer return on your investment—because these are the spaces you'll use the most. Before breaking ground, check out the artful design and step-saving convenience in these three family-pleasing additions.





NEW ENGLAND CHARM

Soon after Jane and Stephen Chase bought their charming Cape Cod cottage in Minnesota, they added a new family room that remains faithful to the house's authentic styling. Windows from the original gable wall now line the front and rear walls of the addition, and new siding, roofing, and trim duplicate the old. A magnificent arched window graces the new gable wall.



FAMILY ROOM ADD-ONS

CUSTOM-CRAFTED WITH SIMPLE MATERIALS

Plain white walls, pine woodwork, and oak flooring provide a homey setting for the Chases' collection of New England antiques. Posts and beams supporting the L-shaped loft define a cozy fireplace nook and dining area along the far side of the room. Stephen designed the paneling on the fireplace wall by sketching his idea directly on the drywall; the carpenters then custom cut the pine to match Stephen's freehand sketches.

SPACIOUS LOFT

The loft expands the original master bedroom into a spacious suite complete with sitting area, dressing area, and full bath. The bath and sitting area share a large dormer that stretches across the rear roof slope of the addition. The sitting area boasts its own fireplace (just visible beyond the bathroom) plus a sunny, plant-filled corner where the Chases work at their easels.

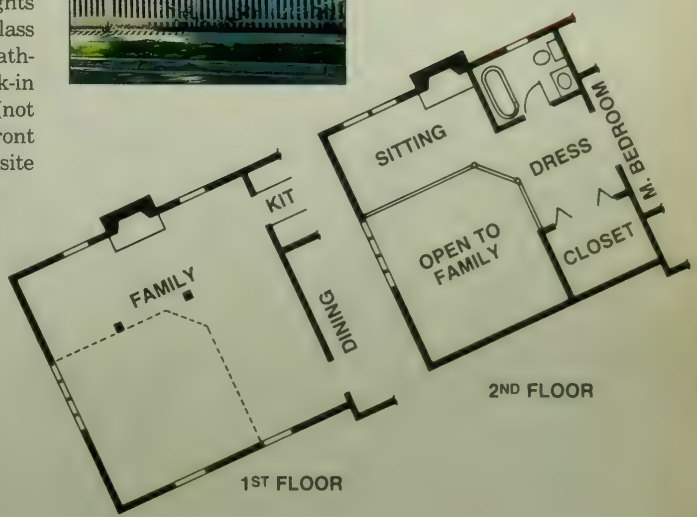
Sun also streams into the dressing area (foreground) through a pair of skylights in the roof and a leaded-glass transom above the bathroom door. A wide walk-in closet with bifold doors (not shown) tucks under the front roof slope, on the opposite side of the dressing area.

Photographs: Hopkins Associates
Design: Stephen Chase
Field editor: Patricia Carpenter





A magnificent arched window and a spacious L-shaped loft provide dramatic focal points for this 24×24-foot family room addition.



FAMILY ROOM ADD-ONS







Broad bay windows and a long skylight brighten the new kitchen/family room addition on the rear of this two-story brick colonial.





ROOMY WORK AREA

The skylight extends the full length of the kitchen, brightening the work area and balancing natural light from a large bay window in the breakfast area. A pass-through and an extra-wide arch flanking the range keep the cook in touch with activities in the family room.

Part of the new kitchen adjoins the original work area, which now is a baking and cleanup center. Added conveniences include a built-in dishwasher and marble pastry slab. Niches nearby house a pair of ovens and a refrigerator/freezer.

SUNNY SITTING AREA

The sitting area angles around a cheery wood stove in one corner of the bay window. Terra-cotta tile flooring and a ceramic-tile heat shield behind the stove lend country charm while soaking up extra warmth until it's needed.

Photographs: Maris/Semel
Architects: Bairley & Maginniss, AIA
Field editor: Eileen Deymier



FAMILY ROOM ADD-ONS



Tall cutouts and an arched window in the upper story of this redwood-clad addition lend contemporary flair to a 1930s bungalow.



EXTRA SPACE AND STYLE ON TWO LEVELS

The exterior features contemporary styling, a broad deck, and beveled redwood siding. Downstairs, sliding glass doors link the new family room and kitchen to the deck. Upstairs, an arched window flanked by corner cutouts frames a panoramic view of the garden for the new master bedroom.

QUIET CORNER FOR CONVERSATION

Floor-to-ceiling windows in the conversation area are topped with a sloping skylight that fits inside one of the second-story cutouts. The white walls and ceiling diffuse natural light from the windows, while oak flooring and trim provide mellow counterpoint.

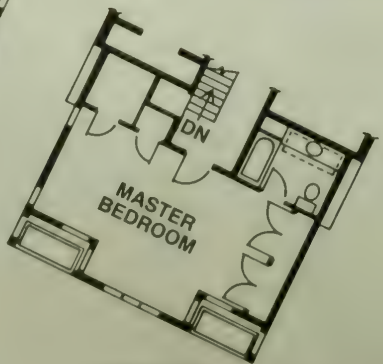
WRAPAROUND VIEWS

A second skylight and set of corner windows make the kitchen seem part of the great outdoors. White laminate countertops and white porcelain pulls contrast crisply with the paneled oak cabinet fronts. Recessed and canister-style fixtures supply task lighting for each work center.

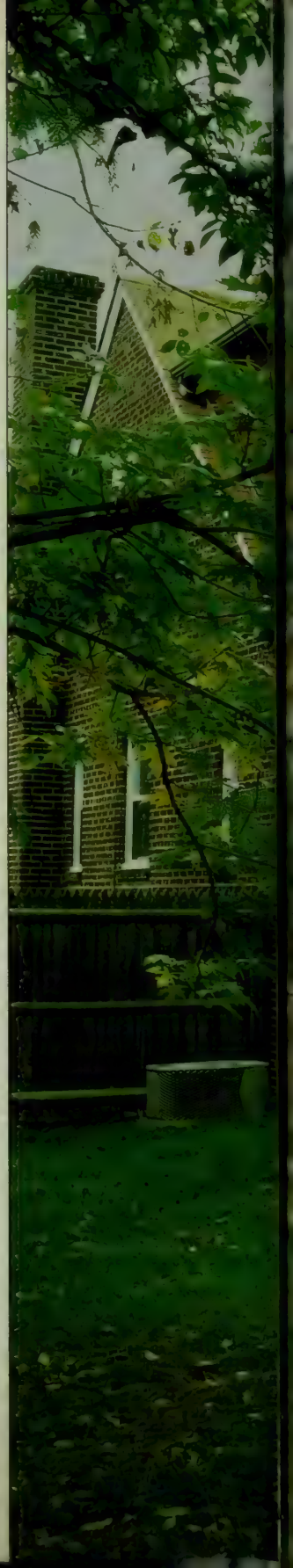
Photographs: Maris/Semel. Architect: Case/Design Remodeling, Inc. Deck design: Greg Mallet. Field editor: Eileen Deymier Illustrations: Carson Ode



1ST FLOOR



2ND FLOOR





GOOD DESIGN
At A Good Price

By Denise L. Caringer and Robert E. Dittmer

Eye-opening and bright! That's the look of today's bold bathrooms. Exciting new bath products–beautifully designed and priced right–make shopping fun and bathroom rejuvenation easy. These examples are sure to wake up your sleeping bath.



DELIGHT THE SENSES with soaps, from 60 cents, by *Crabtree & Evelyn.*



THIS FAUCET marries old-style form with 1980s color! About $350, from *Watercolors.*



AFFORDABLE LUXURY is yours! Tub tray, $12, from Ingrid; back brush, $43, from *Caswell and Massey.*



CRADLE YOUR SOAP and brushes in style! Dish, about $5; toothbrush holder, $8, from *IDG Marketing.*



EASE SHAVING and making up with an adjustable, lighted magnifying mirror. $200, from *Rialto.*



SLEEK STYLING and pristine white give these practical accessories their appeal. $9 and up, from *Conran's.*



ARTISTRY AND FUNCTION mix! Razor, makeup brush, shaving brush, $23 and up, from *Correspondence.*



TURN THE CORNER on the space squeeze. Sink, about $204; faucet, about $61, from *American Standard.*



COMBS AND TOOTHBRUSHES are colorful news! Brushes, $4; combs, $1.25, from *Wings over the World.* Brushes also sold by *Harry D. Koenig.*



CORRAL LAUNDRY in this fold-up hamper, $25 from *D.F. Sanders & Co.*

Buying information, page 171.



Sporty Updates For Any Bath

TRANSFORM even a tiny sink area (without major remodeling) with bright new bath products like these!

BRIGHT RED plastic laminate will cover up an aging wall in a hurry. *"ColorCore,"* about $160 a 4×8 sheet, from *Formica Corp.*

REPLACE YOUR OLD MIRROR and light with this electrifying bathroom accent. The round, beveled mirror comes ready to hang on the wall; just plug it in with its curly, meant-to-be-seen cord. About $165 from *JCPenney.*

SLICK, EUROPEAN LINES make this white pedestal sink a winner. About $180 from *Sears.*

A WATERPROOF PLASTIC STOOL is a fuss-free natural for any bathroom. Fire-engine red gives it real punch. About $25, from *IDG Marketing.*

RENEW aging floors and walls with the graphic look and easy care of ceramic tile; $2.40 a square foot and up, from *American Olean.*

IF THE ROMANCE of yesteryear has a hold on you, give in to it! This 1800s-style tub (and a tubful of bubble bath!) will surround you with nostalgia. "Birthday bath" tub and chrome legs, $2,400; chrome faucets, $350, from *Kohler.*

BATH MATS AND TOWELS have become hot home accents. Striped bath towels, $10, from *Cannon;* bath mat, $40, from *Regal Rugs.*

A GRID storage system turns wall space into a mini closet. Optional add-on shelves, bins, and hooks add flexibility. Grid, $13; optional extras, from $8, by *Heller Designs.*

SAY GOOD-BYE to the ho-hum towel bar. New designs, like this slick plastic one, work hard and look great. About $18, from *Conran's.*

Photographs: Bill Hopkins, Hopkins Associates

SMALL-SPACE LIVING

MANOR-HOUSE STYLE

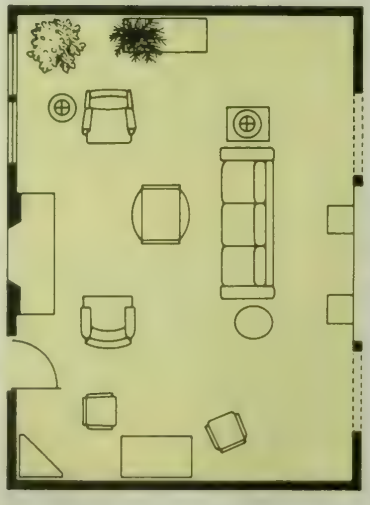
By Shirley Van Zante, Denise L. Caringer, and Robert E. Dittmer



Modest-sized rooms and traditional comfort can work together beautifully when you follow this fail-safe recipe: Mix the pared-down discipline of contemporary design with the venerable appeal of traditional furnishings, then sprinkle liberally with fresh 1980s pastels.

As this new condominium town house proves, the result is small-space living in elegant manor-house style.

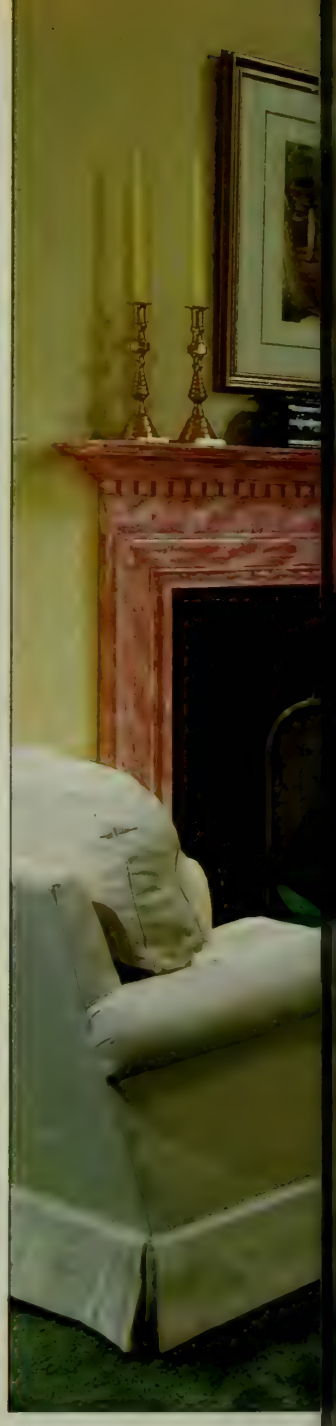




Enlivened by a painted faux marble finish, the colonial fireplace mantel (below) repeats the room's raspberry-pink accents

Paint how-to on page 150.





TURN DEBITS INTO HANDSOME ASSETS

Let space-making strategies work to your decorative advantage. In the modest dining area at one end of the living room (*top*), expansive light paint does more than keep the walls from closing in. Against this creamy, pattern-free backdrop, the glowing woods and lyrical lines of the furnishings come beautifully to the fore.

Besides contributing classic style, the lightly scaled dropleaf table and splat-back chairs answer the needs of everyday dining *and* elegant entertaining in a minimum of precious floor space.

The comfortable armchairs also pull over to the adjacent fireside seating group when needed.



USE LARGE-SCALE PATTERNS SPARINGLY

The first impression the living room (*above*) conveys is one of classic elegance. But take a closer look! Beneath the country English chintz and time-honored furniture designs lies a very contemporary furnishings approach.

A classic chintz sets both the mood and the color scheme for the room.

To keep the strong pattern from overpowering the small space, however, its use is limited to the sofa and the windows.

Dark carpet cozily anchors the furnishings, while a slick background of white walls and light-maximizing mini-blinds fosters the illusion of greater space.

Instead of a clutter of small-scale furnishings, two inviting armchairs and a plump, roll-arm sofa set a mood of large-scale luxury.

A colonial armoire with traditional raised-panel doors reinforces the vintage mood as it plays up the room's one spatial extravagance—height.

SMALL-SPACE LIVING

MANOR-HOUSE STYLE



MAKE THE MOST OF VERTICAL SPACE

Airy wicker, garden-fresh pastels, and mellow pine give a girl's bedroom all the charm of a country inn (*above*). Instead of a clutter of storage pieces, one grand armoire stores clothing, books, and a kid's electronic gear in a few feet of wall space. A commanding four-poster (*right*) lends 18th-century grandeur to the master bedroom. Devoid of a fussy, room-shrinking canopy, the bed makes a bare-bones architectural statement without overpowering the limited space.

TRY WALL-SKIMMING WINDOW COVERINGS

As in the living area, simple window treatments soften the room yet don't intrude on valuable floor space. Clean-lined mini-blinds for privacy team handsomely with tieback curtains for traditional elegance. A "watercolor" glaze washes the walls with period appeal but is subtle enough to maintain an airy, expansive look.

PLAN YOUR STORAGE WISELY

To make every inch count, storage chests double as nightstands, and a large antique trunk stows folded clothing and linens. In addition, a small combination dressing/snack table and two comfortably cushioned side chairs put the slim bay to practical—and pretty!—use.

Glazed wall how-to, page 150.
Buying information, page 171.

Photographs: Bill Hopkins, Hopkins Associates. Design: Barbara Dalton, ASID, The Design Company. Photographed at Cherokee Hills Condominiums. Builder: Milton Kirkland, Inc. Design sponsor: Thomasville Furniture Industries



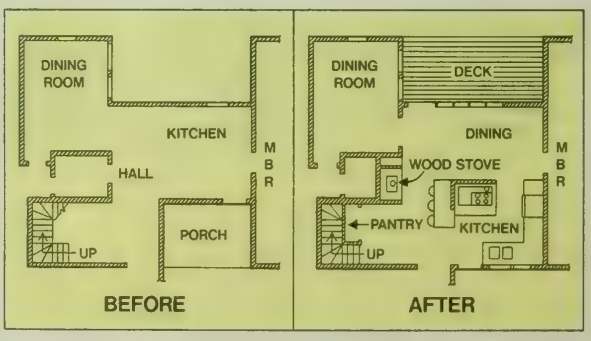


A HARDWORKING KITCHEN

WITH DOWN-HOME CHARM

By William L. Nolan

For many of us, the kitchen back home was a soul-soothing refuge, mellowed with use and comfortably busy with family life. Here's proof that you can capture these same qualities in your own kitchen—without sacrificing up-to-the-minute convenience and practicality.



When Joy and Gus Norton began renovating the small, dingy, outdated kitchen in their 135-year-old Victorian home, they drew upon fond recollections of the kitchens they knew as children. For example, treasured moments shared with family around the kitchen table prompted the Nortons to make room for an old-fashioned cookstove and a spacious family dining area. To get the necessary square footage, they replaced their back porch with a 9×11-foot addition.

Relocated work area

The work area now occupies the addition plus part of the original kitchen. (Exposed beams indicate where the original exterior walls stood.) Two sides of the work area are lined with built-in appliances and storage. The storage built-ins feature country detailing—open shelving, plain-front doors and drawers, and porcelain pulls—and the countertops are covered with glazed terra-cotta tile.

The centerpiece of the kitchen is a vintage Wedgewood cookstove that Joy discovered on one of her antique hunts. The stove is part gas range, part wood-burner, so the Nortons fitted it with a triple-walled flue and mounted it on a quarry tile pad in order to comply with fire codes. A paneled partition behind the stove extends at one end to form a snack bar/ storage unit.

Photographs: Ernest Braun. Design: Doni Tunheim
Builder: Dean Metcalf. Field editor: Barbara Cathcart
Illustration: Carson Ode





BERRIES

By Nancy K. Wall



Photograph: de Gennaro Studios

Strawberries, blueberries, raspberries, blackberries, boysenberries—any way you serve them, they make summer vibrant and fun. Add a natural freshness to summertime eating with these choose-a-berry dessert ideas.



BERRIES 'N CREAM TORTE

Try your favorite purchased ice cream to shortcut this already quick dessert—

1 11-ounce package 3-inch soft cookies such as apple spice *or* oatmeal
1 recipe Strawberries 'n Cream (see recipe, page 126)
1 recipe Strawberry Sauce
2 cups desired berries

Line a 1½-quart soufflé dish with plastic wrap, extending wrap 1 to 2 inches above dish. Gently press 7 or 8 cookies around side of dish, overlapping as necessary to form a scalloped edge. Place about *half* of the remaining cookies onto bottom of dish, breaking cookies as necessary to fit.

Stir ice cream to soften. Spoon *half* of the ice cream into dish. Place remaining cookies atop. Top with remaining ice cream. Cover; freeze 4 hours or till firm. To serve, lift out torte by pulling up on plastic wrap. Carefully remove plastic wrap; transfer with large spatulas to platter. Top with berries and sauce. Serves 8 to 10.

Strawberry Sauce: In a saucepan combine 3 tablespoons *sugar* and 2 teaspoons *cornstarch*. Stir in ½ cup *pineapple juice*. Cook and stir till the mixture bubbles. Cook and stir 2 minutes more. Remove from heat; stir in 1 tablespoon *brandy* and several drops *red food coloring*. Cover surface with clear plastic wrap. Cool. Pour over berries on Berries 'n Cream Torte.



Attention berry lovers! Choose from Berries 'n Cream Torte, Berry Clafouti, and berries drenched in Almond Pudding.

ALMOND PUDDING WITH BERRIES

Almond pudding and berries are naturally good together. Choose a pretty mixture of raspberries, strawberries, and blackberries for this one—

¼ cup sugar
2 teaspoons cornstarch
1½ cups milk
3 beaten egg yolks
2 tablespoons amaretto *or* ⅛ teaspoon almond extract
Desired berries

In a heavy small saucepan combine the sugar and cornstarch. Stir in the milk. Cook and stir over medium heat till thickened and bubbly. Cook 2 minutes more. Stir a little of the hot mixture into the yolks; return all to saucepan. Cook and stir till bubbly. Remove from heat. Stir in the amaretto.

Pour pudding into a medium bowl. Cover the surface with clear plastic wrap; chill. Serve the pudding spooned on top of desired berries. Makes 6 servings.

BERRY CLAFOUTI

Pancakelike clafouti is a simple French dessert. Top the batter with fresh berries before baking—

3 eggs
1¼ cups milk
⅔ cup all-purpose flour
⅓ cup sugar
2 teaspoons vanilla
¼ teaspoon nutmeg
⅛ teaspoon salt
1½ cups desired berries

In a small mixer bowl beat the eggs with electric mixer till foamy. Add remaining ingredients *except* the berries; beat on low speed till smooth. Pour batter into a buttered 9-inch quiche dish or pie plate. Top batter with berries. Bake in a 350° oven 40 to 45 minutes or till knife inserted off-center comes out clean. Let stand 15 minutes. Makes 8 servings.

BERRIES AT THEIR BEST

Berries are among the summer's favorite fruits. Serve them plain or added to breads, salads, sauces, pies, or other desserts.

- **Rinse berries with cool water just before serving.**
- **Refrigerate berries, lightly covered.**
- **Enjoy fresh-picked or purchased berries within three days.**

BRING ON THE BARBECUE

TWO EXPERTS SHARE THEIR SECRET RECIPES

By Nancy K. Wall

North, south, east, west—everyone loves barbecue! But the South claims the best barbecue around. We visited award-winning backyard chefs in Memphis—home of the International Barbecue Contest. Try their recipes in your own backyard.



BILL'S SUPER SAUCES

Bill Horrell, a veteran barbecue contestant, takes a strong stand on what constitutes "true" barbecue. "It's pork, slow-cooked outdoors, pure and simple," says Bill. Bill usually cooks a pork shoulder, but for smaller gatherings he suggests a Boston butt pork roast. "The flavor," Bill notes, "comes from the combination of the meat and the hickory smoke."

Bill has tested his cooking know-how in more than 50 southern barbecue contests! And from the first one, called Dad's Cookout, the outdoor events have become a family affair. Cecelia, Bill's wife, helps with the preparation of the tasty sauces. Their 14-year-old son, Trey, serves his dad's prize pork to the judges and helps with the cleanup.



There's no two bones about it: a great way to serve pork barbecue is on a bun with slaw, *Old-Style Potato Salad,* and *Favorite Baked Beans,* claims Bill.

"Even the hot sauce is not a scorcher," says Bill. "A touch of sweet comes first, then herbs and spices roll in, then the hot eases in, peaks, and rolls off." Bill prefers his meat without sauce so the smoked pork flavor predominates. For guests he offers three sauces—*Sweet and Sour, Medium Hot,* and *Oh-So-Hot!*

Photographs: Jim Hedrich, Hedrich-Blessing

RECIPES BEGIN ON PAGE 133.



Bill credits much of his barbecue success to his father-in-law's secret *Basting Sauce*. To baste, use a sturdy brush (a new paintbrush will do) and slather meat every 30 minutes.

"The meat is done when you can gently pull it apart into bite-sized pieces," explains Bill. "The job is especially easy when you use tongs." Another way of serving the meat is to chop it into smaller pieces—some Southerners call it "chopped barbecue."

BRING ON THE

BARBECUE

RAY'S COUNTRY RIBS



Unless he serves blue-ribbon barbecue every time, Ray's not satisfied. His meat must be tender, flavorful, juicy, and mouth-watering to be a real winner. Ray's sauce has to be just right, too. "Without combining all five qualities, you come up short!" explains Ray.

The focal point of Ray's barbecue is his custom-made grill, 40 feet long and big enough to cook five whole hogs. While the grill is part of his "whole hog" success, it's the barbecue sauce that keeps the judges coming back. "My southern-style HOT sauce is based on whiskey, honey, and a dash of red pepper. It's sure to make anyone's meat taste great!" exclaims Ray. "Another secret is that I use only top-quality ingredients." Ray even raises his own hogs and makes his own charcoal from the hickory trees that grow on his farm.

"I've been cooking barbecue for the family get-togethers ever since I was young," says Ray Jamieson, a busy attorney in Memphis. On weekends, Ray heads to his farm to cook the best pork ribs south of the Mason Dixon line! "As a boy, summer fun meant a Tennessee country barbecue," Ray says. "Entertaining is my whole reason for barbecuing."



Guest participation is a must at Ray's gatherings.

Ray always serves his favorite Old South recipes along with the barbecued meat. While Ray stands watch over the ribs, his friends join right in and help. Guests have fun shucking their own corn-on-the-cob as well as frying their own Cheese and Pepper Corn Cakes.

To order specialty barbecue equipment, turn to page 180.

RECIPES BEGIN ON PAGE 133.



MENU

Ray's Country Ribs
Roasted Corn on the Cob
Country-Style Turnip Greens
Cheese and Pepper Corn Cakes
Fresh Melon Salad
White Bean Soup
Breads
Southern Fried Peach Pies

BETTER HOMES AND GARDEN

Ice Cream! Ice Cream! We All Scream For Ice Cream!

By Diana McMillen

INDULGE!

Dip into one—or all—of our nine drippingly delicious flavors! They're the latest ice creams you can crank up at home. As a bonus, some recipes fit into the new smaller ice-cream freezers and some don't need a machine at all! To complete this tasty project, we've supplied you with the necessary know-how on ice-cream making.

Recipes begin on page 126.

Photograph: Jim Hedrich, Hedrich-Blessing
How-to photographs: George Ceolla. Food stylist: Fran Paulson



Frozen Tropical Paradise

Double Chocolate Chunk Ice Cream

Cafe au Lait Sherbet

Strawberries 'n Cream

The Real Stuff! Homemade Ice Cream

Step 1 Getting Started: Ice-Cream Making



Pour ice-cream ingredients into a freezer can to no more than ⅔ capacity. Under-filling the can allows room for your ice-cream mixture to expand as air is beaten into it and for the ice cream to get creamy and fluffy.

Fit can into freezer bucket. Adjust dasher (the paddle) to stand up straight; cover with lid. Now, add layers of crushed ice and rock salt to outer container. (Use 6 cups ice to 1 cup salt.)

continued


Granola Sundae Scoop
Very Boysenberry Sorbet
Peanut Butter 'n Jelly Ice Cream
Apple-Pie-In-A-Scoop
Gingerbread Cookie Ice Cream

HOMEMADE ICE CREAM!



STEP 2

FREEZING THE ICE CREAM

Fit the handle or motor into place; secure. For hand-crank machines, turn the handle till there's a slight pull, then gradually turn it faster. Continue until turning becomes difficult. Add some ice and salt occasionally as the ice melts. (It takes 20 to 30 minutes before the ice cream is ready—no matter what size ice-cream freezer you use.)

Remove the ice to below the level of the can lid so that no salty ice can seep into the can. Wipe the can and lid with a damp cloth to remove salt. Remove lid and dasher; scrape ice cream from the dasher back into the can.



STEP 3

GETTING GOOD TEXTURE

Don't eat the ice cream yet! It needs to ripen. This is how it gets a creamy texture. Some say ripening is the hardest part—it means you have to wait!

To ripen the ice cream, cover can with waxed paper or foil and plug hole in lid with cork. Cover can with lid. Return to freezer bucket. Next, pack additional layers of ice and salt into outer container; this time, use 4 cups ice to 1 cup salt. (You need more salt here because you want the ice cream to get cold and to harden.) Cover freezer with a heavy cloth or newspapers to keep it cold. Ripen 4 hours.

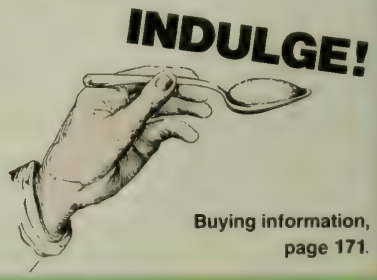


STEP 4

IT'S READY!

Uncover; remove ice to below the level of can lid of the ice-cream freezer. Wipe can and lid to remove salt and ice. Remove lid.

Now, dig in!



Buying information, page 171.

GET YOUR LICKS!

Whether you stir up homemade ice cream the old-fashioned way with a hand-crank freezer, or use one of the gourmet electric ice-cream makers, the basics are the same.

Using an ice-cream freezer

You'll have creamier ice cream when you use an ice-cream freezer versus placing it in a refrigerator-freezer. The paddling motion helps smaller ice crystals form, creating a smooth dessert. Paddling also beats air into the mixture, adding smoothness and volume.

Combining salt and ice

Use rock salt and crushed ice according to the proportions specified in the step-by-step instructions above. Combining these two ingredients lowers the freezing temperature and freezes your ice cream fast while it's being beaten with the paddle.

Why is it smooth?

The more butterfat in the ice cream itself, the creamier it will feel on your tongue. Milk and cream contain the butterfat that makes for a smooth frozen dessert. That's why ice cream tends to be smoother than no-milk or low-milk sherbet.

Nothing tops a BLT like California Avocados and KRAFT Bacon & Tomato Dressing.



Avocado BLT Sandwich

4 whole-wheat bread slices, toasted
KRAFT Bacon & Tomato Dressing
Lettuce
12 crisply cooked bacon slices
4 tomato slices
1 California Avocado, peeled, sliced

For each sandwich, spread one toast slice with approximately 1 tablespoon dressing; cover with lettuce, bacon, tomato and avocado. Top with additional dressing.

4 sandwiches

Kraft Salad Days are here!



KRAFT

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CALIFORNIA AVOCADOS.

California Avocado Commission.

begins on page 122

Our seal assures you that every recipe has been tested in and is endorsed by the Better Homes and Gardens® Test Kitchen.

HOW TO USE OUR NUTRITION INFORMATION

Good nutrition seems to be on everyone's minds these days. To help you keep track of the calories, protein, fat, cholesterol, and sodium you consume each day, we've included the amounts of these nutrients by gram weight per serving for our recipes.

You also can check the vitamin and mineral content of each recipe—these are given in percentages of the United States Recommended Daily Allowance (USRDA) whenever the value exceeds 10 percent. The USRDAs are standards developed by the Food and Drug Administration. Use them as a guide to see how the recipes meet your needs.

PUT NUTRITION ANALYSIS TO WORK

The nutrition summaries with recipes can help you plan more healthful family meals. Start by looking at the essential nutrients each recipe provides. Then decide the recipe's importance to your diet in supplying protein, vitamins, minerals, and so forth.

To put the numbers in perspective, here are some simple guidelines based on daily needs of females, 23 to 50 years old: calories—2,000, protein—45 to 65 grams, fat—85 grams, cholesterol—300 milligrams, sodium—1,100 to 3,300 milligrams. (In general, males and teenagers need more calories.) Use these as "ballpark" figures—there's no real harm in going over or under these figures in any single day, but you should aim for a balanced diet overall.

We used these guidelines to figure the nutrition analysis of each recipe:

- When ingredient options appear in a recipe, the first ingredient choice is used for the analysis.
- "Optional" ingredients are omitted in the analyses.
- The nutrition analyses for recipes calling for fresh ingredients are calculated using the measurements for raw fruits, vegetables, and meats.
- If a recipe gives optional serving sizes (such as "Makes 6 to 8 servings"), the nutrition analysis is calculated using the first choice.

Strawberries 'n Cream

Use to fill the Berries 'n Cream Torte pictured on page 116 and the cover—

- **1 14-ounce can (1¼ cups) *sweetened condensed* milk**
- **⅓ cup lemon juice**
- **1 pint fresh strawberries, mashed (1 cup)**
- **1 cup whipping cream**
- **½ cup coarsely chopped almonds, toasted**

In bowl combine milk and lemon juice; stir just till mixture begins to thicken. Stir in berries. Beat cream just till it mounds. Fold whipped cream into the berry mixture. Freeze till firm.

Break up frozen mixture and place in large chilled mixer bowl; beat with an

continued



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Sauces so delicious, watch where the fork goes first.

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STORE COUPON NS-196BH

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15¢ 15¢

continued

electric mixer till smooth. Fold in nuts. Return to freezer if not used in torte. Makes 1 quart.

Per ½-cup serving: 370 cal., 8 g pro., 43 g carbo., 20 g fat, 56 mg chol., 86 mg sodium. USRDA: 13% vit. A, 46% vit. C, 23% riboflavin, 23% calcium, 21% phosphorus.

Apple-Pie-in-a-Scoop

This treat tastes just as it sounds—delish! You won't even miss the piecrust—

1¼ cups sugar
¼ cup all-purpose flour
4 cups milk
4 beaten eggs
4 cups whipping cream
1 21-ounce can apple pie filling
3 tablespoons vanilla
1 teaspoon ground cinnamon

In a large saucepan combine sugar and flour. Stir in milk. Cook and stir till slightly thickened and bubbly. Stir about *1 cup* of the hot mixture into eggs. Return all to saucepan. Cook and stir 2 minutes more. Cover and chill.

Stir the whipping cream, pie filling, vanilla, and cinnamon into the chilled mixture. Freeze in a 4- or 5-quart ice-cream freezer according to manufacturer's directions. Makes 4 quarts.

Per ½-cup serving: 346 cal., 5 g pro., 33 g carbo., 23 g fat, 138 mg chol., 68 mg sodium. USRDA: 22% vit. A, 13% riboflavin, 14% calcium, 12% phosphorus.

Double Chocolate Chunk Ice Cream

2 cups sugar
2 envelopes unflavored gelatin
4 cups light cream
4 squares (4 ounces) unsweetened chocolate, chopped
2 beaten eggs
4 cups whipping cream
1 cup finely chopped milk chocolate (about 6 ounces)

In a saucepan combine sugar and gelatin. Stir in light cream and unsweetened chocolate. Cook and stir over medium heat till mixture almost boils, sugar dissolves, and chocolate melts. Stir *1 cup* of hot mixture into eggs; return all to saucepan. Cook and stir 2 minutes more. (If chocolate flecks appear, beat till smooth.) Cover; chill.

Stir in whipping cream and milk chocolate. Freeze in a 4- or 5-quart ice-cream freezer according to manufacturer's directions. Makes about 2½ quarts ice cream.

Per ½-cup serving: 405 cal., 5 g pro., 30 g carbo., 31 g fat, 112 mg chol., 53 mg sodium. USRDA: 22% vit. A, 11% riboflavin, 12% calcium, 12% phosphorus.

Café au Lait Sherbet

You can make this smooth sherbet without an ice-cream machine—

2 cups milk
1 envelope unflavored gelatin
¼ cup sugar
¼ cup cold water
2 tablespoons instant coffee crystals
2 egg whites
¼ cup sugar

In medium saucepan combine the milk, gelatin, the first ¼ cup sugar, cold water, and instant coffee crystals; heat and stir over low heat to dissolve gelatin, sugar, and coffee crystals. Turn into an 8x8x2-inch pan. Cover and freeze about 4 hours or just till firm.

In a small mixer bowl beat egg whites till soft peaks form (tips curl). Gradually add the remaining sugar, beating till stiff peaks form (tips stand straight). Break the frozen mixture into chunks with a wooden spoon; turn into a chilled large mixer bowl. Beat with an electric mixer till smooth. Fold in the egg whites. Return mixture to cold pan. Cover; freeze overnight or till firm. Makes 1 quart.

Per ½-cup serving: 96 cal., 4 g pro., 16 g carbo., 2 g fat, 9 mg chol., and 44 mg sodium.

Frozen Tropical Paradise

3 beaten eggs
1 cup milk
¾ cup sugar
1¼ cups chopped fresh pineapple *or* one 20-ounce can crushed pineapple, well drained
½ cup coconut, toasted
1 teaspoon vanilla
2 cups whipping cream

In a heavy saucepan combine eggs, milk, and sugar. Cook and stir over medium heat till mixture thickens and coats a metal spoon. To cool mixture quickly, place saucepan in a bowl of ice water; stir till cold. Stir in pineapple, coconut, and vanilla. In a mixer bowl beat whipping cream till soft peaks form (tips curl).* Lightly fold whipped cream into pineapple mixture. Turn into a 9x9x2-inch pan. Cover and freeze at least 6 hours or till firm. Let stand at room temperature 20 minutes before serving. (Or, freeze in a 3- or 4-quart ice-cream freezer according to manufacturer's directions.) Makes 1 quart.

*If using an ice-cream freezer, do *not* beat the whipping cream first; just stir it into the cold custard mixture.

Per ½-cup serving: 332 cal., 5 g pro., 26 g carbo., 24 g fat, 165 mg chol., 61 mg sodium. USRDA: 21% vit. A, 11% riboflavin, 10% calcium, 11% phosphorus.

Very Boysenberry Sorbet

Taste panel members loved this sorbet and gave it an outstanding rating—

⅔ cup water
¼ cup sugar
1½ cups fresh *or* frozen boysenberries
½ teaspoon finely shredded lemon peel
1 tablespoon lemon juice

In a small saucepan combine the water and sugar. Bring to boiling; remove from heat. Cool; chill. In a blender container or food processor bowl place the berries. Cover and blend till smooth. Press the berries through a sieve to remove seeds.

Combine the chilled sugar mixture, sieved berries, lemon peel, and juice; stir till well blended. Turn into an 8x4x2-inch loaf pan; cover and freeze till almost firm. Break the mixture into chunks; turn into a chilled mixer bowl. Beat with an electric mixer till smooth. Return to a cold pan; cover and freeze firm. Let stand at room temperature 5 minutes before serving. Makes about 1 pint sorbet.

Per ½-cup serving: 72 cal., 0.6 g pro., 18 g carbo., 0.2 g fat, 00 mg chol., 0.7 mg sodium. USRDA: 14% vit. C.

Granola Sundae Scoop

If you scoop this treat into a bowl, sprinkle with additional granola—

1 envelope unflavored gelatin
¼ cup milk
2 cups vanilla yogurt
1 large ripe banana, mashed (1 cup)
¼ cup honey
1 teaspoon vanilla

continued



How to tell if your barbecue sauce is as good as Kraft® Thick'N Spicy.

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If you answered "no" to any of these questions, run out and buy Kraft® Thick 'N Spicy barbecue sauce and taste what you've been missing. Original, Hickory and two great new flavors, Chunky and with Honey. KRAFT



20 million cooks give us their squeeze of approval.



It's true. More people use ReaLemon products than any other brand.

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But don't take our word for it. Ask almost any cook. And they'll tell you we're not just talking through our hat.

BORDEN



Why do we prefer Post® to the other bran flake?

CE CREAM!

ntinued

1 cup granola
2 egg whites
½ cup sugar

In saucepan combine gelatin and milk; heat and stir over w heat till gelatin dissolves. Cool 10 to 15 minutes. Beat to- ther yogurt, banana, honey, vanilla, and gelatin mixture. ırn into 9x9x2-inch pan. Cover; freeze 1 hour. Turn the ixture into a large mixer bowl. Beat with electric mixer till ıffy. Stir in granola. Wash beaters. Beat egg whites till soft aks form. Gradually beat in the ½ cup sugar till stiff peaks rm. Fold egg whites into yogurt mixture. Return to pan. ver; freeze 6 hours or till firm. Makes 5 cups.

Per ½-cup serving: 134 cal., 5 g pro., 24 g carbo., 3 g fat, 4 g chol., and 53 mg sodium.

eanut Butter 'n Jelly Ice Cream

¼ cup sugar
1 envelope unflavored gelatin
4 cups light cream
1 beaten egg
½ cup chunky peanut butter
2 teaspoons vanilla
½ cup grape jelly

In a saucepan combine sugar and gelatin. Stir in *half* of e light cream. Cook and stir over medium heat till mixture most boils and sugar dissolves. Stir *½ cup* hot mixture into e beaten egg; return all to saucepan. Cook and stir 2 min- utes more. Remove from heat. Add the peanut butter; stir till melted. Cool. Add the remaining cream and vanilla. Freeze in a 2- or 3-quart ice-cream freezer according to manufacturer's directions. Remove lid and dasher. Insert spatula into center of ice cream to form a hole. Pour in jelly. Swirl spatula to marble. Cover; let ripen. Makes 5 cups.

Per ½-cup serving: 388 cal., 7 g pro., 32 g carbo., 27 g fat, 89 mg chol., 129 mg sodium. USRDA: 17% vit. A, 11% riboflavin, 11% calcium, 14% phosphorus.

Gingerbread Cookie Ice Cream

½ cup raisins, chopped
2 tablespoons rum
4 beaten eggs
2 cups milk
1 cup sugar
3 cups whipping cream
2 tablespoons light molasses
1 tablespoon vanilla
1 cup broken gingersnap cookies (about 10 cookies)

Combine raisins and rum; set aside. In a saucepan combine eggs, milk, and sugar. Cook and stir over medium heat just till mixture coats a metal spoon. Cover; chill. Stir in cream, molasses, vanilla, and raisin mixture. Stir in cookies. Freeze in a 4- or 5-quart ice-cream freezer according to manufacturer's directions. Makes 2 quarts.

Per ½-cup serving: 265 cal., 4 g pro., 24 g carbo., 17 g fat, 119 mg chol., 73 mg sodium. USRDA: 15% vit. A.



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Every morning, it's Post for us. No other 40% bran flake gives us more fiber. And Post gives us even more–better taste.

So, if you want better flavor in your fiber, try Post. The best-tasting 40% bran flake.



We roast 'em for rainy days.

begins on page 118

Barbecue Butt Roast

To test for medium heat, hold your hand palm down above the coals at the height the meat will be cooked. Count the seconds; you should need to remove your hand on the count of three—

- **1 4- to 6-pound shoulder blade Boston (butt) pork roast**
- **2 teaspoons garlic salt**
- **2 teaspoons garlic pepper**
- **2 teaspoons lemon pepper**
- **1 recipe Basting Sauce (see recipe at right)**
- **Sweet-and-Sour Sauce, Medium Hot Sauce, *or* Oh-So-Hot Sauce (see recipes at right and on page 135)**
- **12 to 15 hamburger buns, split**

Rub meat with garlic salt, garlic pepper, and lemon pepper. In a covered grill arrange preheated coals around a drip pan; test for medium heat above drip pan. Place meat on rack in shallow roasting pan; place on grill over drip pan. With a long-tined fork, pierce meat in several places. Brush with some of the Basting Sauce.

Lower the hood of the grill. Grill for 2 to 2½ hours or till meat thermometer registers 180°, brushing the meat with sauce every 30 minutes. Add more coals as necessary. Remove roasting pan; drain off fat. Pour enough Basting Sauce into pan to cover bottom. Cover pan with foil. Return roaster to grill. Lower hood. Grill the meat for 1 to 1½ hours more, adding more Basting Sauce after 1 hour to cover bottom of pan, if necessary.

Transfer the barbecued pork to a large platter or board. Using meat forks, gently pull meat to shred. Spoon the shredded meat onto the bottom half of each hamburger bun. Add your choice of sauce and the bun tops. Makes 12 to 15 servings.

Per serving of barbecued pork with Basting Sauce: 536 cal., 26 g pro., 23 g carbo., 37 g fat, 90 mg chol., 1,535 mg sodium. USRDA: 24% vit. C, 83% thiamine, 21% riboflavin, 36% niacin, 23% iron, 29% phosphorus.

Basting Sauce

- **3 cups water**
- **2 tablespoons salt**
- **½ teaspoon finely shredded lemon peel**
- **2 tablespoons lemon juice**
- **1½ teaspoons minced dried onion**
- **1½ teaspoons diced dried bell pepper**
- **½ teaspoon crushed red pepper**
- **½ teaspoon lemon pepper**
- **½ teaspoon garlic salt**
- **½ teaspoon garlic pepper**

In a large saucepan combine all ingredients. Bring to boiling; reduce heat. Simmer, covered, for 30 minutes. Makes about 3 cups.

Sweet-and-Sour Sauce

Double this recipe using an 8-ounce can of crushed pineapple. Store leftovers in the refrigerator for basting burgers—

- **½ cup crushed pineapple (juice pack)**
- **½ cup catsup**

continued



DELIGHT.

Baker's® presents Ambrosia Salad. For a salad that's deliciously different, try a combination of moist and tender Baker's Coconut and fresh fruit. It's simply delightful!

AMBROSIA SALAD

1 can (11-oz.) mandarin orange sections or 3 oranges, sectioned
1⅓ cups (about) BAKER'S® ANGEL FLAKE® Coconut
2 bananas, sliced
1 can (8¼-oz.) chunk pineapple in syrup, drained

Combine oranges, coconut, bananas and pineapple in serving bowl. Chill. Garnish as desired. Makes 4 cups or 6 servings.

Other suggested fruit combinations: Orange sections and sliced strawberries or halved seedless grapes; sliced peaches and blueberries or sliced strawberries.

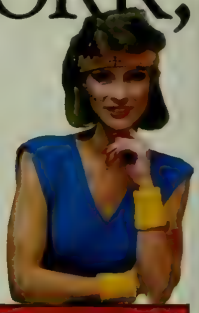
GENERAL FOODS

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Pork doesn't stop with chops.

Quick, name a pork dish other than chops. Most people don't realize there are dozens of different cuts of pork. And dozens of ways to fix them. The point is, there's more to pork than ham and chops. A whole lot more.

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Yes, you read right. There are more vitamins and minerals packed into today's leaner pork than ever before. The same amount of pork gives you more of everything—except calories.





Pork is a quick fix.

The best things in life are the simplest. The same is true of pork. Great pork meals don't have to be complicated or time-consuming. And cooking pork to 170°F internal temperature keeps the meat juicy and tender.

Pork Tenderloin Stir-Fry

- 1 pork tenderloin (about 1 pound)
- 1 tablespoon vegetable oil
- 1/2 teaspoon salt
- 1 small onion, sliced and separated into rings
- 3 small zucchini, cut into thin slices
- 1 medium green pepper, cut into thin strips
- 3 medium carrots, cut into thin slices
- 1 tablespoon soy sauce
- 1 clove garlic, minced

Trim excess fat from pork. Cut into 1/4-inch thick slices. Quickly brown pork slices (1/2 at a time) in hot oil in a wok or large skillet, stirring constantly. Remove from wok. Sprinkle pork with salt. Reduce heat; add remaining ingredients; mix well. Cook over medium heat 5 to 6 minutes, stirring occasionally. Return pork to wok and heat thoroughly. Serves 4.



Pork is always in good taste.

Whether you bake it, boil it, broil it, wok it, grill it, stuff it; put it in a casserole, a quiche, a pizza or a pot pie, you can count on pork to taste just great. Not some of the time, but every time you buy it.

pork™

For more menu ideas, send a self-addressed, stamped envelope to: Pork Recipes, Department A, P. O. Box 10446, Des Moines, IA 50306.

AMERICA, YOU'RE LEANING ON PORK.

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continued

- ½ cup unsweetened pineapple juice
- ¼ cup packed brown sugar
- ¼ cup vinegar

Place *undrained* pineapple in blender container. Cover and blend till finely chopped. In medium saucepan stir together pineapple and remaining ingredients. Cook and stir just till mixture boils; reduce heat. Simmer, uncovered, about 5 minutes or till sauce reaches desired consistency. Makes 1⅔ cups.

Per tablespoon: 20 cal., 0 g pro., 5 g carbo., 0 g fat, 53 mg sodium.

Medium Hot Sauce

Lots of vegetables give a new twist to this barbecue sauce—

- 1 medium onion, finely chopped (½ cup)
- 1 medium green pepper, finely chopped (½ cup)
- 1 stalk celery, finely chopped (½ cup)
- ¾ cup fresh mushrooms, finely chopped
- 5 cloves garlic, minced
- 1 tablespoon olive *or* cooking oil
- 1½ cups tomato juice
- ½ cup bottled hickory smoke-flavored barbecue sauce
- 1½ cups bottled barbecue sauce

In a large saucepan cook the chopped onion, pepper, celery, mushrooms, and garlic in oil till tender but not brown. Add the tomato juice and bottled barbecue sauces. Bring to boiling; reduce heat. Simmer, covered, for 1 hour, stirring occasionally. Uncover; simmer 50 minutes more or to desired consistency, stirring sauce occasionally. Makes 3 cups sauce.

Per tablespoon: 15 cal., 0.3 g pro., 2 g carbo., 1 g fat, 102 mg sodium.

Oh-So-Hot Sauce

Crushed red pepper helps this sauce live up to its name—

- 1 medium onion, finely chopped (½ cup)
- 5 cloves garlic, minced
- 2 tablespoons crushed red pepper
- 1 tablespoon olive *or* cooking oil
- 1 cup beef broth
- 1 6-ounce can tomato paste
- ¾ cup honey
- 1 teaspoon dried thyme, crushed

continued





■ Use Corn Starch for true fresh fruit flavor and color. As a rule of thumb, to convert recipes from flour-thickened fruit pies to Corn Starch, use half as much Corn Starch.

■ Mix the Corn Starch and sugar, then toss with the fruit and turn into pie crust.

■ For a glazed top crust, brush with a little milk and sprinkle lightly with sugar before baking.

■ To prevent edge of crust from browning too much, cover with a strip of foil; remove during last 15 minutes of baking.

GINGER PEACH PIE

Stir together **¾ cup sugar, 3 Tbsp ARGO® or KINGSFORD'S® Corn Starch** and ½ tsp ground ginger. Toss with **6 cups peeled, pitted, sliced peaches** and **1 Tbsp lemon juice** until well coated. Turn into pastry-lined 9″ pie plate. Cover with top crust. Seal and flute edge; cut slits in top. Bake in 425°F oven about 40 min or until filling is bubbly and crust is browned. Makes 1 (9″) pie.

BLUEBERRY-PEACH PIE

Omit ginger. Use **4 cups peaches and 2 cups fresh blueberries.**

FRESH BERRY PIE

Use **1 cup sugar.** Omit ginger and lemon juice. Substitute **4 cups fresh strawberry halves or blueberries** for peaches.

For more Corn Starch recipes write to: Argo® and Kingsford's® , Box 307A, Dept. P, Coventry, CT 06238.

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continued

1 teaspoon dried oregano, crushed
2 bay leaves
1 teaspoon salt

In a medium saucepan cook onion, garlic, and hot pepper in oil till onion is tender but not brown. Add remaining ingredients. Bring to boiling; reduce heat. Simmer, uncovered, 20 minutes. Strain through sieve; discard solids. Makes 1⅔ cups.

Per tablespoon: 43 cal., 0.5 g pro., 10 g carbo., 0.6 g fat, 117 mg sodium.

Old-Style Potato Salad

Mashing the potatoes slightly is an old-time trick that helps bring out more potato flavor—

5 medium red potatoes, peeled and quartered (about 2 pounds)
4 hard-cooked eggs, chopped
½ cup chopped dill pickle
1 medium onion, chopped (½ cup)
¼ cup chopped celery
1 2-ounce jar diced pimiento, drained
⅓ cup mayonnaise *or* salad dressing
2 tablespoons prepared mustard
2 tablespoons tarragon vinegar
¼ teaspoon salt
⅛ teaspoon pepper

Cook potatoes in boiling salted water, covered, about 20 minutes or till tender; drain. Mash potatoes *slightly.* In mixing bowl combine potatoes, eggs, dill pickle, onion, celery, and pimiento. Stir together mayonnaise or salad dressing, mustard, vinegar, salt, and pepper; add to potato mixture. Stir lightly to coat. Turn into serving bowl; serve warm. Makes 10 servings.

Per serving: 153 cal., 5 g pro., 15 g carbo., 8 g fat, 106 mg chol., 494 mg sodium. USRDA: 36% vit. C.

Favorite Baked Beans

Bill says no barbecue get-together is complete without a pot of these all-time favorite beans—

3 slices bacon, cut in half crosswise
2 16-ounce cans pork and beans
1 cup packed brown sugar
1 cup catsup
1 medium onion, chopped (½ cup)
¼ cup Worcestershire sauce
2 tablespoons prepared mustard

In small skillet partially cook bacon; drain and set aside. In a mixing bowl stir together pork and beans, brown sugar, catsup, onion, Worcestershire sauce, and mustard. Turn mixture into a 2-quart casserole. Lay the partially cooked bacon slices atop. Bake, uncovered, in a 350° oven about 2 hours or till of desired consistency. Serves 10.

Per serving: 256 cal., 8 g pro., 49 g carbo., 4 g fat, 2 mg chol., 899 mg sodium. USRDA: 10% vit. A, 11% vit. C., 16% iron, 12% phosphorus.

Ray's Country Ribs

When the meat is nearly done, reheat Ray's Hot Sauce on the side of the grill—

6 cups hickory wood chips
4 pounds pork loin back ribs
1 cup dry white wine
1 cup vinegar
1 cup water
1 medium onion, finely chopped (½ cup)
1 teaspoon pepper
1 recipe Ray's Hot Sauce (see recipe, page 138)

Soak hickory chips in enough water to cover about 1 hour before cooking time; drain. Meanwhile, with a long-tined fork, pierce ribs in several places. Place ribs in a roasting pan.

Stir together wine, vinegar, water, onion, and pepper. Pour over meat. Cover; let stand at room temperature about 1 hour. Drain meat; reserve wine mixture for basting.

In a covered grill arrange preheated *slow* coals on both sides of a foil drip pan. Sprinkle some of the soaked hickory chips over the coals. Place the ribs in a rib rack if desired. Then, place ribs on grill rack over drip pan but not over coals. Lower grill hood. Grill for 45 minutes. Turn and grill, covered, for 45 minutes more, brushing with wine mixture during the last 20 minutes. Makes 8 servings.

Per serving: 524 cal., 20 g pro., 4 g carbo., 45 g fat, 85 mg chol., 72 mg sodium. USRDA: 64% thiamine, 14% riboflavin, 26% niacin, 19% iron, 23% phosphorus.

continued

"With New Heinz 57 Sauce, Even I Can Be A Culinary Success.

used to be a lousy cook. Until I tried new Heinz 57 Sauce.
's great on steak. But it's terrific in recipes, too. And
here's one on the back of every bottle. New Heinz 57 Sauce.

More Than A Steak Sauce. A Heckuva Lot More."





Saucy Meatballs

Combine 1 pound lean ground beef, ⅔ cup grated Parmesan cheese, ½ cup seasoned dry bread crumbs, ½ cup milk, 1 egg slightly beaten. Shape into 20 meatballs. Brown well in 2 tablespoons shortening. Drain excess fat. Sprinkle meatballs with 1 tablespoon flour; stir gently to coat. Combine 1 can (28 ounces) tomatoes, cut into bite-size pieces; ⅓ to ½ cup Heinz 57 Sauce, ½ teaspoon salt; pour over meatballs. Simmer uncovered 25 minutes or until desired consistency; stir occasionally. Serve over noodles. Makes 5 servings.



Sweet 'n Sour Pork Chops

In skillet, brown 4 rib pork chops, ¾-inch thick, in shortening; drain excess fat. Season chops with salt and pepper. Combine 1 can (8¼ ounces) pineapple chunks and juice with ⅓ cup Heinz 57 Sauce; pour over chops. Cover; simmer 45 minutes or until chops are tender. Add 1 medium green pepper, cut into strips; cover; simmer 15-20 minutes or until pepper is tender. Thicken sauce with cornstarch/water mixture, if desired. Makes 4 servings.

continued

Ray's Hot Sauce

Ray says the corn whiskey (which you'll find in any liquor store) gives this zippy sauce its Southern personality. It's different from most tomato-based sauces—it's savory, not sweet—

- 1 large onion, chopped (1 cup)
- 1 medium green pepper, chopped (¾ cup)
- ½ stalk celery, chopped (¼ cup)
- 2 cloves garlic, minced
- 2 tablespoons butter *or* margarine
- 1 15-ounce can tomato-herb sauce
- 1 cup tomato juice
- ½ of a 6-ounce can (⅓ cup) tomato paste
- 3 to 4 tablespoons lemon juice
- 1 lemon slice
- 2 teaspoons crushed red pepper
- ¼ teaspoon pepper
- Few dashes bottled hot pepper sauce
- ¼ cup corn whiskey (optional)

In a 3-quart saucepan cook onion, green pepper, celery, and garlic in butter or margarine till tender but not brown. Add tomato sauce, tomato juice, and tomato paste. Bring to boiling; reduce heat. Simmer, uncovered, for 15 minutes. Add lemon juice, lemon slice, red pepper, pepper, and hot pepper sauce. Cook, uncovered, for 15 minutes more. Stir in whiskey. Cook, covered, 5 minutes more or till heated through. Cool. Strain through sieve; then discard solids. Makes about 2 cups.

Per tablespoon: 18 cal., 0.5 g pro., 3 g carbo., 1 g fat, 2 mg chol., 122 mg sodium. USRDA: 15% vit. C.

Roasted Corn on the Cob

- Fresh ears of corn
- Butter *or* margarine
- Salt
- Pepper

Remove husks from corn. Remove silks with a stiff brush or by hand. Spread each ear with about *1 tablespoon* of the butter or margarine. Sprinkle with salt and pepper. Wrap in heavy-duty foil. Roast over *medium-hot* coals 30 minutes or till corn is tender, turning several times.

Per ear of corn: 172 cal., 3 g pro., 16 g carbo., 12 g fat, 36 mg cholesterol., 1,846 mg sodium. USRDA: 16% vit. A, 12% vit. C.

Country-Style Turnip Greens

Long, slow simmering is the secret to the full-bodied flavors in this traditional vegetable dish—

- 8 ounces sliced bacon
- 1 pound turnip *or* mustard greens
- 1 medium turnip
- 3 cups water
- 1 smoked *or* plain ham hock
- 1½ teaspoons sugar
- 1 teaspoon crushed red pepper
- ¼ teaspoon salt

Cook bacon till crisp; drain, reserving drippings. Crumble the bacon and set aside. Discard stems of greens and any damaged portions. Tear up any large leaves. Peel turnip and cut into bite-size pieces.

In large kettle bring water to boiling. Add the cooked bacon, reserved drippings, greens, turnip, ham hock, sugar, red pepper, and salt. Simmer, covered, for 1½ hours. Uncover; simmer 45 minutes more. Remove ham hock; when cool enough to handle, cut meat from hock and return to greens mixture. Serve greens with a slotted spoon. Makes 8 servings.

Per serving: 310 cal., 10 g pro., 5 g carbo., 28 g fat, 42 mg chol., 605 mg sodium. USRDA: 86% vit. A, 138% vit. C, 31% thiamine, 19% riboflavin, 12% niacin, 15% calcium, 13% iron, 12% phosphorus.

Cheese and Pepper Corn Cakes

Remember these cheese-studded pancakes for a Southern-style brunch, too—

- 1½ cups cornmeal
- ¼ cup whole wheat flour
- 2 teaspoons baking powder
- ½ teaspoon baking soda
- ½ teaspoon salt
- 2 beaten eggs
- 1¼ cups buttermilk
- ½ cup cooking oil
- 1 tablespoon honey
- 1 8-ounce can cream-style corn
- 1 4-ounce can chili peppers, rinsed, seeded, and chopped
- 1 cup sliced green onions
- 1 cup shredded sharp cheddar cheese (4 ounces)

Stir together cornmeal, whole wheat flour, baking powder, soda, and salt. In medium mixing bowl combine eggs, buttermilk, oil, and honey. Stir in corn, chili peppers, onions, and cheese. Add all at once to cornmeal mixture, stirring just till moistened.

For each pancake, spoon about *¼ cup* of the cornmeal batter onto a hot, lightly greased griddle or skillet. Cook on each side 2 to 3 minutes or till golden brown. Serve the pancakes immediately. Makes 18 to 20.

Per cornmeal pancake: 161 cal., 4 g pro., 16 g carbo., 9 g fat, 35 mg chol., 232 mg sodium. USRDA: 11% vit. C, 10% phosphorus.

Fresh Melon Salad

Use cantaloupe, honeydew, or additional watermelon to make this cool, colorful salad—

- ½ small watermelon *or* 1 medium cantaloupe *or* honeydew melon
- 4 cups assorted fresh melon balls
- ¼ cup melon *or* orange liqueur
- 3 tablespoons lime *or* lemon juice

If desired, hollow melon and cut edge of melon shell in a scallop design; set aside. In a large bowl combine melon balls, liqueur, and lime juice. Cover and chill 2 to 4 hours, stirring occasionally. Fill melon shell with fruit mixture. Makes 8 servings.

Per serving: 105 cal., 2 g pro., 20 g carbo., 0.5 g fat, 12 mg sodium. USRDA: 30% vit. A, 72% vit. C.

White Bean Soup

You can make a whole meal of this hearty bean soup—

- 1 pound dry navy beans (2⅓ cups)
- 8 cups cold water
- 6 cups cold water
- 1 large onion, chopped (1 cup)
- 1 stalk celery, chopped (½ cup)
- 1 clove garlic, minced
- 2 tablespoons butter *or* margarine
- 1 ham bone *or* 3 meaty ham hocks
- 4 ounces salt pork
- 2 bay leaves
- 4 teaspoons sugar
- 1 teaspoon crushed red pepper

Rinse beans. In a heavy 3-quart saucepan combine beans and the 8 cups

continued

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HAMBURGER
From the Heartland of America

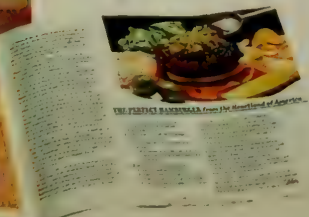


Hamburgers had their origin in Russia. German sailors brought this raw minced meat home to Hamburg, put it on a grill and made "Hamburg" steak. Migrating Germans in the early 19th century brought this "steak" to Cincinnati, but it wasn't until the 1904 Louisiana Purchase Exposition in St. Louis that the hamburger was introduced to the bun. The rest is history. The flavor of TABASCO sauce from this recipe seeps through the meat and adds a subtle liveliness to America's favorite sandwich. Add a few extra drops of TABASCO to the finished sandwich and you feel the full flavor and excitement of TABASCO sauce that is so popular these days.

THE PERFECT HAMBURGER
- 2 lbs. ground lean beef chuck
- ½ cup grated yellow onion
- 2 teaspoons salt
- 1½ teaspoons TABASCO pepper sauce
- ½ teaspoon freshly ground black pepper
- 1 tablespoon vegetable oil, butter or margarine (for panbroiling the hamburgers)

Traditional Accompaniments:
- 4 large hamburger buns
- 4 tablespoons mustard or ketchup
- 4 tablespoons sweet pickle relish
- 4 slices Spanish onion, each about ¼ inch thick

Mix beef with onion, salt, TABASCO, and black pepper and shape into patties about ¾ to 1 inch thick. Handle mixture gently and avoid packing patties too tight because the hamburgers will not be juicy. Heat oil in large heavy skillet over high heat until almost smoking. Add hamburgers, reduce burner heat to moderate. Cook as follows: 5 minutes per side for rare, 6 minutes for medium rare and 7 minutes for medium. Garnish and serve with above ingredients. Serves 4.



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continued

cold water; cover and let stand overnight. (Or, bring mixture to boiling; reduce heat and simmer 2 minutes. Remove from heat. Cover and let stand 1 hour.) Drain the beans; rinse and cover with the 6 cups cold water. Bring the beans and water to boiling; reduce heat. Cover and simmer the navy beans for 1 hour.

Meanwhile, in small saucepan cook the chopped onion, chopped celery, and garlic in butter or margarine till the onion is tender but not brown. Add the onion mixture, ham bone, salt pork, bay leaves, sugar, and pepper to the saucepan with beans. Bring to boiling. Reduce heat. Cover and simmer the bean mixture for 1 hour.

Remove salt pork and bay leaves; discard. Remove ham bone; when cool enough to handle, cut the meat from ham bone; chop meat and return meat to the bean mixture. Simmer the bean mixture, uncovered, about 1 hour or till of desired consistency, stirring mixture occasionally. Makes 12 side-dish servings (or 6 main-dish servings).

Per side-dish serving: 429 cal., 21 g pro., 26 g carbo., 27 g fat, 60 mg chol., 749 mg sodium. USRDA: 50% thiamine, 13% riboflavin, 19% niacin, 27% iron, 27% phosphorus.

Southern Peach Fried Pies

When fresh peaches aren't available, you can substitute unsweetened frozen sliced peaches—

- **3 cups fresh peach slices (about 5 peaches)**
- **½ cup sugar**
- **2 tablespoons butter *or* margarine**
- **1½ teaspoons vanilla**
- **½ teaspoon ground nutmeg**
- **1½ cups all-purpose flour**
- **¾ teaspoon salt**
- **½ cup lard *or* shortening**
- **5 tablespoons cold water**
- **Cooking oil for shallow frying**

In a large heavy saucepan combine the sliced peaches, sugar, butter or margarine, vanilla, and nutmeg. Bring the peach mixture to boiling; reduce heat. Boil gently, uncovered, about 1 hour or till of jam consistency, stirring occasionally. Cool 1 hour.

Combine the flour and salt. With a pastry cutter or 2 knives, cut in lard till pieces are the size of small peas. Sprinkle *1 tablespoon* of the water over part of the mixture; gently toss with a fork. Push to side of bowl. Repeat till all is moistened. Form into a ball.

On a lightly floured surface, roll the dough to ⅛-inch thickness. Cut the the dough into 5-inch circles. Place about *1 rounded tablespoon* of the peach mixture on half of each circle. Fold circle in half; seal well with tines of a fork. In a skillet heat ¼ inch cooking oil to 375°. Fry the peach pies for 3 to 4 minutes or till golden, turning pies once. Drain the fried pies on paper towels. Serve the pies warm or cool. Makes 8 to 10 fried pies.

Per serving of peach pie: 304 cal., 3 g pro., 36 g carbo., 17 g fat, 9 mg cholesterol., 236 mg sodium. USRDA: 19% vit. A, 11% thiamine.



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Pass the Old El Paso Southwest Taco

Southwest Taco

1 pound ground beef
1 package OLD EL PASO® Taco Seasoning Mix
3/4 cup water
12 OLD EL PASO® Taco Shells
Shredded lettuce
Diced tomato
Shredded Cheddar cheese
Sliced black olives
OLD EL PASO® Taco Sauce (Hot, Medium or Mild)

1. Brown ground beef in skillet. Drain fat.
2. Add OLD EL PASO Taco Seasoning Mix and water, stir. Bring to a boil. Reduce heat and simmer uncovered, 15 to 20 minutes, stirring occasionally.
3. Place OLD EL PASO Taco Shells on cookie sheet. Heat shells in 350°F preheated oven for 5 to 7 minutes. Fill each shell with 1-2 tablespoons of cooked meat.
4. Top with shredded lettuce, tomato, cheese, olives and OLD EL PASO Taco Sauce.

For extra flavor excitement, stir in one of the following delicious ingredients with the Taco Seasoning Mix and water: 1/3 cup OLD EL PASO Taco Sauce or 1/3 cup OLD EL PASO Picante Salsa or 1 can (4 ounces) OLD EL PASO Chopped Green Chilies.

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WIN MONEY FOR YOUR RECIPES
See Page 146 For Details.



Make-Ahead Salads

File under Salads and Dressings

$100 Winner *Mrs. Robert Lee, Neenah, Wis.*

Marinated Mushroom Salad

This fancy salad is perfect for a summer luncheon—

- 1 pound fresh mushrooms, sliced (6 cups)
- 2 tablespoons finely chopped onion
- 2 tablespoons lemon juice
- 2 teaspoons sugar
- ¼ teaspoon freshly ground pepper
- ⅓ cup whipping cream
- ¼ cup dairy sour cream
- ¼ teaspoon salt
- ¼ teaspoon dry mustard
- romaine lettuce
- Tomato wedges
- Coarsely ground pepper

In a medium mixing bowl toss together the mushrooms, onion, lemon juice, sugar, and ¼ teaspoon pepper. Chill at least 30 minutes but not more than 4 hours. Beat whipping cream. Stir together sour cream, salt, and dry mustard; fold in whipped cream. Stir into mushroom mixture. Spoon mixture onto 6 romaine-lined salad plates. Garnish each serving with tomato wedges; top with coarsely ground pepper. Makes 6 servings.

BETTER HOMES AND GARDENS TEST KITCHEN™

PRIZE TESTED RECIPES



Sausage and Frank Ideas

File under Meat

$100 Winner *Linda Keith, Dallas, Tex.*

Linguine with Sausage and Leeks

Linda prepares her linguine with an easy sauce—

- 1 pound bulk pork sausage
- 2 leeks, thinly sliced
- ¾ cup light cream
- 6 ounces linguine
- Grated Parmesan cheese

In a 10-inch skillet cook sausage and leeks till meat is brown and leeks are tender. Drain off fat. Add cream to sausage mixture; heat through. Meanwhile, cook linguine according to package directions; drain. Serve sausage mixture over linguine. Sprinkle with Parmesan cheese. Makes 4 servings.





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BETTER HOMES AND GARDENS TEST KITCHEN™

PRIZE TESTED RECIPES

Sausage and Frank Ideas

File under Meat



$50 Winner *Teresa Kelly, West Point, Tenn.*

Frankfurter Creole

Serve Teresa's creation with parslied rice—

- 1 medium head cabbage
- 1 medium onion, chopped
- 1 small green pepper, chopped
- 3 cloves garlic, minced
- 2 tablespoons cooking oil
- ½ teaspoon ground cumin
- ¼ teaspoon dried oregano, crushed
- ¼ teaspoon salt
- 1 16-ounce package beef frankfurters, chopped
- 1 6-ounce can tomato paste
- ¼ teaspoon bottled hot pepper sauce

Chop cabbage into small pieces. In a covered 3-quart saucepan cook the cabbage over medium heat 7 minutes or till tender. Meanwhile, in 10-inch skillet cook onion, green pepper, and garlic in hot oil till tender but not brown. Stir in cumin, oregano, and salt. Add chopped frankfurters, tomato paste, and hot pepper sauce. Drain cabbage; reserve *½ cup* liquid. Stir cooked cabbage and reserved liquid into frankfurter mixture. Cover and simmer 10 minutes or till cabbage is tender. Makes 4 to 6 servings.

Buying information, page 171.

BETTER HOMES AND GARDENS TEST KITCHEN™

PRIZE TESTED RECIPES

Make-Ahead Salads

File under Salads and Dressings



$50 Winner *Esther M. Brown, Mesa, Ariz.*

Jicama Salad in Pepper Boats

Try this crisp side dish with chicken or fish—

- 2 cups shredded jicama
- 2 tablespoons chopped onion
- 1 tablespoon lemon juice
- ¼ cup plain yogurt
- ¼ cup dairy sour cream
- ½ teaspoon salt
- ½ teaspoon chili powder
- ⅛ teaspoon pepper
- 2 large green peppers, quartered lengthwise
- Snipped parsley (optional)
- Cherry tomatoes (optional)

Pat shredded jicama between paper towels to remove excess liquid. In medium bowl combine jicama, onion, and lemon juice; set aside. In a small bowl combine yogurt, sour cream, salt, chili powder, and pepper. Stir into jicama mixture; cover and chill.

Spoon salad into green pepper quarters. Garnish with parsley and cherry tomatoes. Makes 8 servings.

Photographs: Scott Little

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FOOD

Win Money

Prize Tested Recipes

Ground Meat Main Dishes

Biscuits, Scones, and Muffins

Does your family rave about the ground meat main dish you serve on weeknights? Is there an extra-special biscuit, scone, or muffin recipe that your friends often request? Send us your original recipes—you could be a winner. Two Cooks of the Month receive $100 each, two Runners-Up receive $50 each, and six Honor Roll winners get $25 each. Selected recipes will be pictured on the Prize Tested Recipes pages next January. Winners receive a framed Certificate of Endorsement and six copies of their recipe.

HINTS TO HELP YOU

Ground Meat Main Dishes: Your original recipe could use any ground meat, sausage, or a combination. Does your elegant dish serve 12? Is your meat turnover quick and easy? **Hints: turkey zucchini lasagna, Greek-style crepes, cornmeal ham casserole, and ground lamb pizza.**

Biscuits, Scones, and Muffins: Is your unique muffin recipe not only great to eat, but high in nutrients? Do you make your basic biscuit recipe in an unusual shape? **Tips: maple syrup scones, banana molasses muffins, whole grain biscuits, apricot biscuits, and cheddar scones.**

THIS MONTH'S WINNERS

(See recipes on pages 143 and 144.)

Cooks of the Month

Mrs. Robert Lee, Neenah, Wis.
Linda Keith, Dallas, Tex.

Runners-Up

Ester M. Brown, Mesa, Ariz.
Teresa Kelly, West Point, Tenn.

Honor Roll

Patricia J. Bertone-Gross, Agawam, Mass.; Sherry Breaux, St. Louis, Mo.; Joyce Downs, Valrico, Fla.; Lisa Malloy, Findlay, Ohio; Marla Newman, Ottawa, Ill.; Ann Elsie Schmetzer, Madisonville, Ky.

CONTEST RULES

1. Clearly write your name, address, and recipe marked "January Ground Meat Main Dishes" or "January Biscuit, Scones, and Muffins." **2.** Specify brand names of food products you use. **3.** Include 50 to 100 words about the origin of the recipe. **4.** If your recipe is purchased, you give Meredith Corporation the right to use it in any manner for as long as we wish. **5.** Entries must be postmarked by midnight, June 30, 1985. If duplicate recipes are submitted, the one earliest postmarked will be judged. **6.** We reserve the right to adjust and edit winning recipes. **7.** Address your entries to 8601 Food Department, Better Homes and Gardens, Des Moines, IA 50336. **8.** All entry materials become the property of the Meredith Corporation.

"My Uncle Louie taught me how to pick fresh vegetables in the winter."



My Uncle Louie is the "Freezer King" of Brooklyn.

Every summer he gathers the finest assortment of fresh fruit and vegetables he can find. Most of which he grows in his backyard which he calls his "garden of eatin'."

He then packs some of them away in the freezer all nice and snug in Ziploc* brand freezer bags. That way Uncle Louie can enjoy his fresh fruit and vegetables all year round.

DOM DELUISE'S VEGETABLE SOUP

2 tbs. vegetable oil
1 clove garlic, minced
1 onion, chopped
½ tsp. sugar
2 qts. chicken stock
2 tbs. parsley flakes
Salt & Pepper to taste
12 cups frozen vegetables, chopped or cut in bite-sized pieces (celery, carrots, green-beans, broccoli, cauliflower, zucchini, peas, mushrooms, corn)
4 tbs. pastina, Grated Parmesan or Romano Cheese

Heat oil in 5-quart saucepan. Just add garlic and onion, and saute until golden. Stir in sugar. Add chicken stock and bring to boil; add parsley and vegetables. Cover pan and cook over medium heat 15 minutes. Add soup macaroni (pastina). Cook over medium heat for 10 minutes or until macaroni is cooked. Sprinkle with cheese.

HINT: Freeze plenty of fresh vegetables in Ziploc Freezer Bags so you can enjoy homemade soup anytime of the year!

And Ziploc Freezer Bags are the only bags my Uncle Louie trusts with his precious harvest. You see, they're thick and tough for maximum freezer protection.

What's more, they have a unique zipper seal. And once that seal is locked, it stays locked.

But most important, Ziploc Freezer Bags are the best protection I've found against freezer burn. And like Uncle Louie always told me, "Dom, it's one thing to burn a steak in the oven but in the freezer, it's unforgivable."

And for our other food protection needs, we also use Ziploc Storage Bags and Sandwich Bags.

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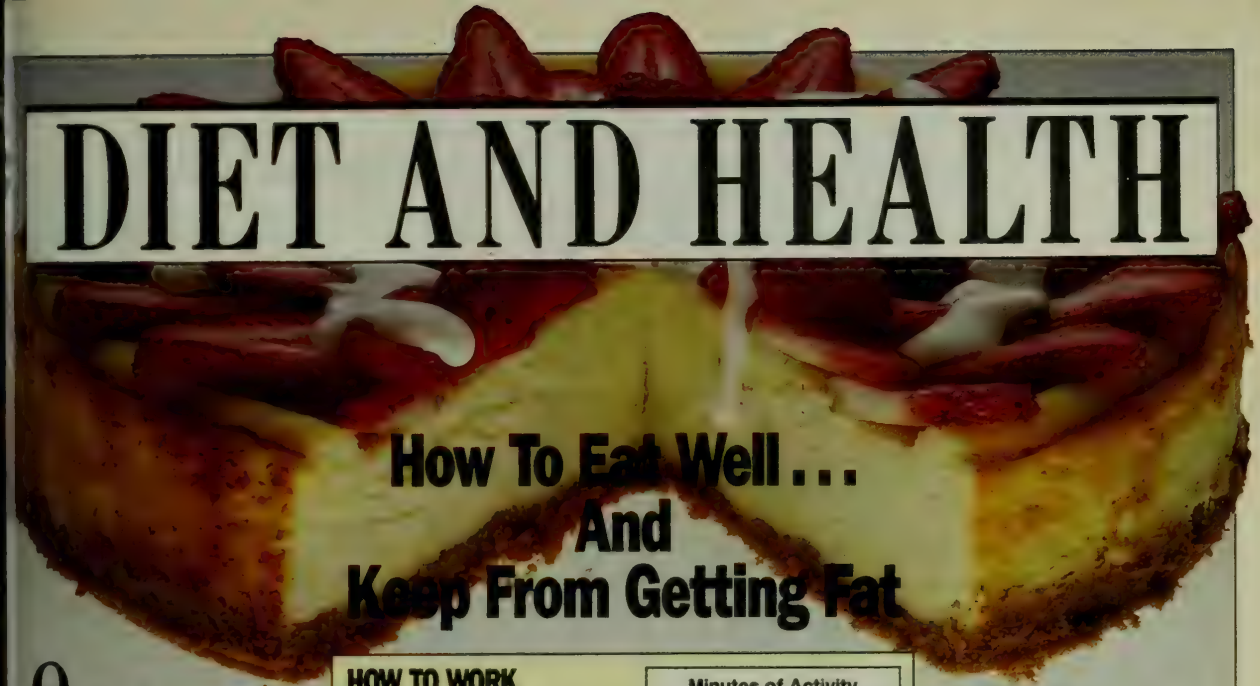
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DIET AND HEALTH



How To Eat Well . . . And Keep From Getting Fat

Q. Can I ever eat desserts without having the pangs of guilt?

G. Thornwall,
Santa Fe, N.M.

A. You CAN have your cake and eat it too, BUT there's a hitch. To come out even on the bathroom scale, you'll have to exchange activity for calories.

For a piece of cake, you must walk about 68 minutes to burn off the calories. But, if you're willing to run, it will take just 18 minutes to burn up the cake's calories.

Look at the chart at right. It illustrates how food and calories can be translated into different kinds of physical activity.

Compare rich desserts with simple desserts and nondesserts—you'll see a big difference in the trade-off. If you eat an apple instead of cake, you need to walk only 19 minutes to come out even!

When your sweet tooth gets the best of you, go for a walk, run, or swim. Also, try lighter versions of your favorite sweets—there are many delicious prepared foods and recipes around today that have been "lightened" without sacrificing taste.

You'll feel less guilty when you finally sit down for a sweet treat. But don't overdo the treats: enjoy in moderation the foods you crave. Exercise in moderation, too.

If you've had health problems or if you're over 35 and have been inactive, consult your physician before beginning an exercise program.

HOW TO WORK OFF YOUR CALORIES

FOOD	CALORIES	Minutes of Activity: WALKING[1]	BICYCLING[2]	SWIMMING[3]	RUNNING[4]	RECLINING[5]
Apple, large	101	19	12	9	5	78
Beer, 1 glass	114	22	14	10	6	88
Cake, 2-layer, 1/12	356	68	43	32	18	274
Cheese, cheddar, 1 oz.	111	21	14	10	6	85
Chicken, fried, breast	232	45	28	21	12	178
Milk, 1 glass	166	32	20	15	9	128
Milk, skim, 1 glass	81	16	10	7	4	62
Orange, medium	68	13	8	6	4	52
Pie, apple, 1/6	377	73	46	34	19	290
Hamburger	350	67	43	31	18	269

[1] Energy cost of walking for 150-pound individual = 5.2 calories per minute at 3.5 mph.
[2] Energy cost of riding bicycle = 8.2 calories per minute.
[3] Energy cost of swimming = 11.2 calories per minute.
[4] Energy cost of running = 19.4 calories per minute.
[5] Energy cost of reclining = 1.3 calories per minute.

Send questions to: Diet and Health, P.O. Box 7, Des Moines, IA 50336. We pay $50 for each idea accepted and reserve the right to edit copy. No materials will be acknowledged or returned. If your idea is purchased, you give Meredith Corporation the right to use it in any manner and for as long as we wish. We don't accept published materials.

Guilt-Free Cheesecake

We've trimmed 250 calories per serving from traditional cheesecake—

- ½ cup fine graham cracker crumbs
- 4 teaspoons butter *or* margarine, melted
- 1 cup low-fat cottage cheese
- 2 8-ounce packages Neufchâtel cheese
- ¾ cup sugar
- 2 tablespoons all-purpose flour
- 1¼ teaspoons vanilla
- 3 eggs
- ¼ cup skim milk
- 1 cup fresh strawberries
- ¼ cup low-fat plain yogurt
- 2 teaspoons skim milk

Combine crumbs and butter or margarine. Press onto bottom of 8-inch springform pan. Beat *undrained* cottage cheese till smooth. Beat in Neufchâtel, sugar, flour, and *1 teaspoon* vanilla. Add eggs; beat till combined. *Do not overbeat.* Stir in ¼ cup milk. Turn into pan. Bake in 375° oven 45 minutes. (Do not test with knife.) Cool 45 minutes. Remove sides of pan. Chill. Slice berries; arrange on top. Drizzle with mixture of yogurt, 2 teaspoons milk, and remaining vanilla. Serves 12.

Per serving: 229 cal., 9 g pro., 21 g carbo., 13 g fat.

Photograph: Scott Little

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SMALL SPACE

continued from page 113

SPONGING BASICS

Even an amateur can master the decorative painting technique called "sponging."

Equally suitable for woodwork or wall surfaces, sponging produces a mottled, textural effect that suits many decorating styles.

EXPERIMENT FIRST

As with any special paint finish, experiment first on a sample piece of wood or drywall to master the technique and to be sure the actual result is what you have in mind.

First, paint the wall or woodwork the base color of your choice. (We started with semigloss pink paint on the fireplace mantel.)

For a multicolor application, use a natural sea sponge to dab the first accent color (we used semigloss white) over the entire base-coated surface.

Be sure to space the patches of color as evenly as possible. Remember, though, to change the position of the sponge frequently; this will help you achieve an irregular, tortoiseshell-like appearance.

LET DRY BETWEEN COATS

When the surface is dry, use a clean sea sponge to apply the second accent color. (We mixed the pink base-coat color and white for a lighter pink tint.) Let it dry again. Be sure to overlap later sponge-prints with the first ones for a smoother melding of layers.

GLAZING A WALL

Glaze is a transparent or semitransparent color that is applied over painted surfaces. A liquid that's much like varnish in its consistency, glaze is available in both clear and tinted varieties.

As with sponging, practice the following technique first on a piece of wood or drywall.

Start by rolling on a base coat (we used semigloss cream-color paint). Let it dry.

BRUSH THE WET GLAZE

Next, brush on a tinted glaze (we used a blue-green tint), working on only a small wall area at a time. Use a dry brush to immediately brush off some of the glaze. These brushstrokes will create the runny, watercolor effect.

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This San Diego home, owned by the Boates family, was spacious and livable. At least inside. Outside, the Boates thought their home could use a little improvement.



HERE'S HOW:

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WOW.

See what happens with some imagination. The Boates built a multi-level deck complete with walkway, planters—even a separate conversation area. Best of all, this 800-square-foot deck was all built with Georgia-Pacific products that cost less than $2000. Wow!



You can get detailed plans for the deck you see here—plus 36 pages full of other exciting ideas for backyard decks, walkways, patios and seating areas. It's all in our new booklet, "Decks and Outdoor Projects."

For your copy of "Decks and Outdoor Projects," just send $3.00 and the attached card. Along with your booklet, we'll send you a coupon worth $3.00 when you buy any Georgia-Pacific building product from a Georgia-Pacific Registered Dealer. (For the location of the Registered Dealer nearest you, call 1-800-447-2882.*)

If your card is missing, just write to: Georgia-Pacific, Dept. FC, P.O. Box 48408, Atlanta, GA 30362.

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STEP-BY-STEP

HOW TO INSTALL NEW WIRING FOR TRACK LIGHTS

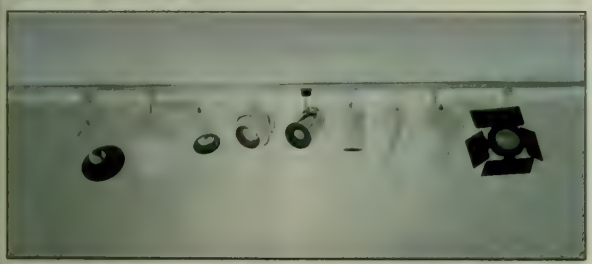
By C. Michael Stowers

Bold and versatile, track lights are a simple way to add warmth and drama to an existing decor. It's also easy to do the job yourself so no wires show. Whether your house is a ranch—where the job is a cinch—or a two-story, follow these 27 photo-steps to a perfect job.

FOUR POPULAR SYSTEMS



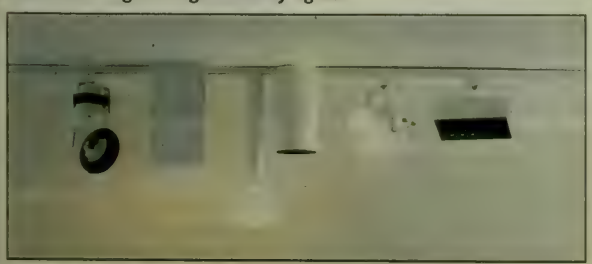
Lightolier offers bold fixtures.



Halo's line includes a low-voltage light at center.



These are Progress high-intensity lights.



Diversity is the byword for Juno's Trac-Master system.

This is an afternoon project. Most of the job is making a route for the new cable, then fishing it from one little hole to another. Our plan (see drawing on *page 158*) takes power from a wall outlet to a new switch, and then to the new light track. It works in any home and it complies with the National Electric Code. Here's how to do it:

START AT OUTLET



Leave power on for light, but wrap electrician's tape around outlet terminals for safety.

The taped terminals prevent accidental shock while working around the box. You want to leave the power on for light. Even during the day, you need good light because most of this job is in dark holes and along corners.

You may not find a clamp in the outlet box, but there will be a knockout key. The clamp is not necessary.

Push the outlet back into the box for the time being.



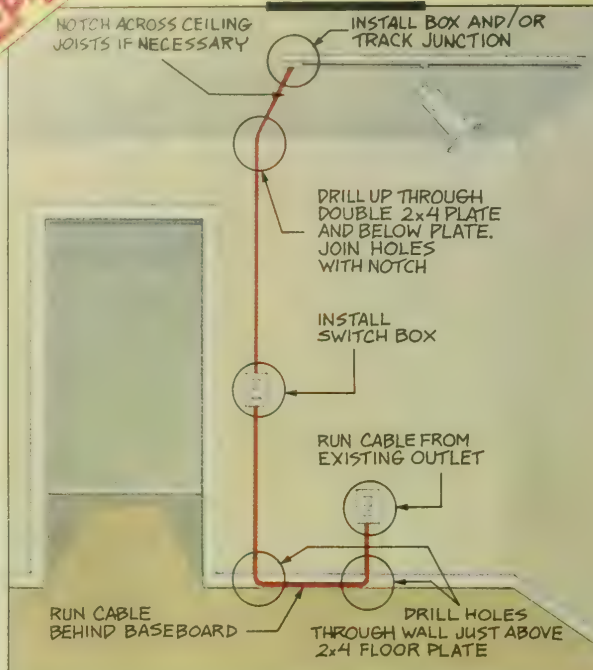
Unscrew the cable clamp at the bottom in back of the outlet box, if box has one.

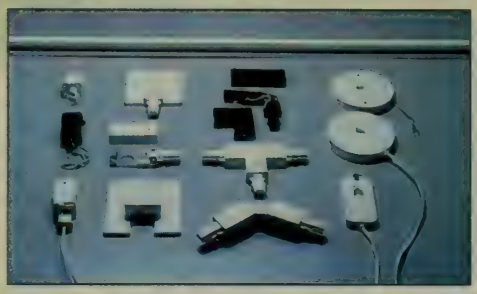


Knock out one of the round keys for the new cable going to the new switch and track.

STEP-BY-STEP

WIRING PLAN





Fittings let you use track on any ceiling—run it any direction—and use fixtures different ways. Shown (above from left column to right) are Juno's track adapters, box covers, track junctions, and single fixture adapters. Different systems are not interchangeable.



Floods and spots (left), unfrosted incandescent (right), high-intensity tungsten-halogen and low voltage spot (center) are common track fixture bulbs.

MAKE A BASEBOARD CHANNEL



Pry baseboard away from wall in area under outlet and over to area under new switch.



Knock a hole through the wall at floor line, directly below outlet, but above soleplate.

You may hit the soleplate when you first knock the hole through; work hole upward until you clear the plate.

If you're lucky, you'll find a channel already formed by a gap between the wall and the edge of the wood floor.

Knock another hole through the wall at floor line below the switch location. If you hit a stud or duct, move one way or the other enough to clear it and finish the hole.



Chisel a cable channel, if necessary, along the wall over to the new switch area.

LOCATE SWITCH



Use switch box itself to mark out position for new switch straight in line with hole below.



Score around box line and through top layer of plaster. Use a screwdriver and hammer.

For height of your switch box, measure the height of another one close by. New installation methods for boxes do not require locating the box against a stud.

Whether you are working on plaster or wallboard, scoring with a screwdriver allows you to get a clean-cut hole. This is necessary for proper installation of the box.

Finish the cut with a keyhole saw. Keep the cut clean.



Saw through remaining layers of plaster with a keyhole saw. Drill a ½-inch hole to start.

DRILL THROUGH CEILING PLATE



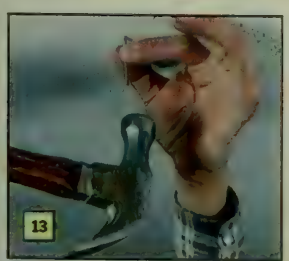
Drill a hole into the wall at ceiling line. Drill until you hit the double 2×4 plate.



Repeat drilling holes downward until the bit clears the plate or wire mesh over the plate.



Drill up through the plate at an angle as close to vertical as possible. Drill slowly.



To position ceiling box, use a finishing nail to probe for an area in ceiling clear of a joist.

If you have papered walls, score through the paper with a utility knife or a single-edge razor blade, and peel back a flap as shown above. After you run the cable, patch this area with wall repair compound; add adhesive to the back of the paper and smooth it back down. These holes and channel at the ceiling are directly above the switch and the hole at floor line.

When you drill into the wall, you may find wire mesh or some other kind of lath covering the plate. If it is metal, stop. Complete the drilling downward and then chisel through the lath or remove it with tin snips.

The last step in preparation for running the cable is locating the junction box in the ceiling for the track. Several track manufacturers make a connector that doesn't require a box and it is OK to run the cable directly to this connector if your local housing code permits. If you don't want to install a box in the ceiling, buy a system that provides these connectors.

To stay clear of a joist, probe in the area where you want the end of your track or a junction of abutting tracks. Use a finishing nail as shown at left. Probe an area large enough for a box. Make the box cutout in the same manner as for the switch box.

START FISHING



Grab coat-hanger loop with needle-nose pliers after fishing hanger down outlet hole.



Pull cable up through box and out about 5 inches. Help cable by pushing gently from below.



Loop the ground wire of cable through hanger loop. Tape other wires alongside.

Fish with a coat hanger for short distances. Bend a small loop in the end and the rest of the hanger in a gentle arc. Use 12-gauge nonmetallic sheathed cable for all parts of this wiring job.

At the outlet, loop the ground wire around the clamp screw and screw the clamp down on the new cable. Seat the cable in the channel over to the hole below the switch. Then cut the cable long enough to reach 6 inches through the switch-box hole. Strip the sheathing back about 4 inches.

USE A JACK CHAIN



Drop jack chain down the switch-box hole.



Fish chain out with loop in the end of the hanger.

A jack chain is your best fishing tool here. Drop more than you need to reach the bottom. Then it's easy to get hold of it with the loop in your hanger. Loop the cable ground wire through the chain's end link; tape and pull the cable up through the switch-box hole.

STEP-BY-STEP

FISH FROM CEILING TO WALL



Fish through ceiling-box hole with wire clothesline. Mark distance with tape.

You may need some wire clothesline for this step if the distance from the ceiling-box hole to the wall is greater than a coat-hanger's length. With a piece of tape, mark the length of wire needed to reach the hole. Then fish for the loop at the wall with a coat-hanger loop. Pull cable through from ceiling.

If your house is a ranch, just go to the attic and pull the cable up from either hole in the ceiling and feed it down through the other.

You may not have a ranch and you may have to cross ceiling joists; drill a slot across each joist and a hole to clear on each side. Fish from joist to joist and staple the cable at each joist.

Drop the jack chain through hole at ceiling. Snag it at the switch-box hole. Loop and wrap cable just fished through to the other end of chain and pull the cable on down through switch-box hole.

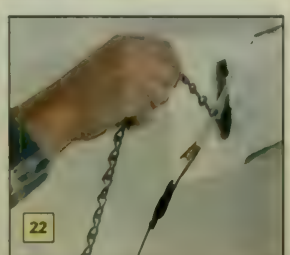
Then pull both cables through the bottom and top holes in switch box and seat box in its hole. Most boxes are now equipped with a flange that operates like a butterfly against the plaster or wallboard surrounding the box at its back. Here, we use a pronged plate that slips in behind the box, and then the prongs are bent into the box.



Snag clothesline loop with coat-hanger loop and pull down through hole.



Fish from joist to joist and run cable like this if you must cross joists.



Drop chain to switch-box hole. Then pull cable from ceiling on down to hole.

WIRE IT ALL UP



Pull box toward you with needle-nose pliers and bend box support prong to inside.

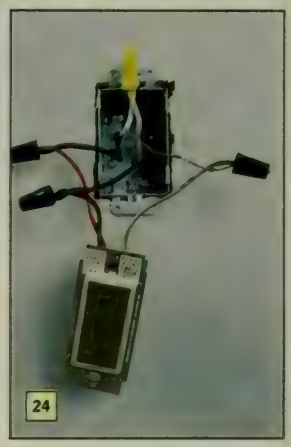
In the switch box, loop a ground wire around box clamp screw. Then screw both clamps down on the cables. Twist the other cable ground wire around this one; pull it outside the box.

Wire the switch with solderless connectors. This is a pressure-dimmer switch, but most switches have the same wire configuration and color coding. The green wire is the ground. Twist this wire to the cable ground you have just pulled out. Connect the other switch wires to the black cable wires. In the box, just twist the white wires together. They don't connect to switch.

The right-angle track junction shown in photo 25 fits over the ceiling box. Before installing the junction, ground the box. Then run the cable wires into the junction.

Turn power off at box. Remove original wires from outlet and twist them together with cable wires of same color. Then connect the outlet to these junctions with 2 short pieces of wire. Turn power on. Replace the baseboard and patch visible holes with wall repair compound.

Photography: George Ceolla
Consultants: Stephen Mead Associates, Baker Electric Company



Put grounds together, cable whites together, color-switch wires to cable black wires.



Screw cable white and black wires to white and black terminals in track junction box.



Pigtail whites together—then blacks—with leads to outlet.



Clip on a fixture; flick switch.

Buying information, page 171.



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FAMILY VACATION FAVORITES

Letters From Our Readers

IDAHO RIVER FLOATING REVERIE

Mrs. Eva Jaeger, Arvada, Colorado

For the last eight years, our family has enjoyed float trips on Idaho rivers. Our favorite vacation is floating the Snake River—toward the end of summer.

As the dories are loaded with supplies for the trip at Hell's Canyon dam, appre-



PHOTOGRAPH: MICHAEL K. NICHOLS

hension momentarily comes over you. For six days, you'll be cut off from the world, engulfed by beautiful canyons, the river, wild creatures (including mountain sheep and deer), and tranquillity. All you have to do is blow up your air mattress at night and brush your teeth. You can wiggle your toes in the sand anytime and swim whenever you like.

Knowing how to swim makes the trip more enjoyable, but isn't a necessity. Our 8-year-old daughter manages nicely with a life jacket. The guides do all of the cooking, rowing, and cleaning up. If you like to hike, be my guest. Our family prefers to laze in the sun, swim, and fish.

Excitement grows when you face big rapids, but all goes well. We've yet to be dumped or had to portage.

In the evenings, after a feast, you relax and sing around the campfire, tell stories, or relive the day. The full moon shines on the beaches, as sleeping bags lie scattered on the sand and the campfire lazily vanishes into the night. There's no way really to describe those



PHOTOGRAPH: ANN KARRAS

marvelous days and nights!

Information: Grand Canyon Dories, Box 3029, Dept. BHG, Stanford, CA 94305.

Has your family taken a special vacation lately? We'd like to hear about it in a letter addressed to Family Vacation Favorites, Features Dept., *Better Homes and Gardens*, 1716 Locust St., Des Moines, IA 50336. If your letter is published in our "Family Vacation Favorites" column, you receive $50. Letters become the property of *Better Homes and Gardens* and will not be returned. We reserve the right to edit all letters. Vacations must have been taken within the last three years.



PHOTOGRAPH: SWEDISH TOURIST BOARD

MEMORIES MADE IN SWEDEN

Ruth B. Nearpass, Owego, New York

Two years ago, my husband and I, along with my father, had the best vacation we could hope for. We went to Sweden for two wonderful weeks.

To help ease the budget strain, we mapped out our vacation itinerary well in advance and then flew to Sweden from Toronto, Canada, which was cheaper than flying from the States.

We were met in Copenhagen by one of my cousins and went by car and ferry to the southernmost tip of Sweden, where we stayed with my cousins who showed us all over that part of the country. They also drove us to Stockholm to visit more family and to see the city where my father had lived as a young man. Every stop we made along the way was to meet relatives and gain a better understanding of my wonderful Swedish heritage.

It was exciting to walk down the streets my father had walked years before and to see the church and school he attended. Viewing all the breathtaking sights and meeting all my aunts, uncles, and cousins—most for the first time—was a thrill. But the very best part of the trip was being there with Papa—to see it all in his eyes and share his excitement in showing us his homeland.

Information: Scandinavian National Tourist Offices, 655 Third Ave., Dept. BHG, New York, NY 10017.

MOM KNOWS BEST ABOUT NORTH CAROLINA

Mrs. Oscar S. Wiley, Jr., Midlothian, Virginia

Our family, being beach folks at heart, always vacationed at a popular South Carolina beach. We loaded up the car, fought traffic getting to "our" spot, and once there, fought crowds for a place in the sun. We returned home exhausted, needing a vacation from our vacation.

Then I began reminiscing about the lovely out-of-the-way beach I had lived near as a child. Overriding a chorus of "oh nos," I finally convinced my family (my

continued

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The SafeTravel Network at a glance.

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VACATION FAVORITES

continued

husband, two teenage sons, and two teenage daughters) to at least give my beach a try.

When we arrived at Atlantic Beach, North Carolina, the children groaned and moaned. They weren't going to like this place at all. But once we got settled and began exploring, the area started to weave a magic spell on all of us. Only a handful of families was scattered on the beach. We could collect seashells at our leisure or just swim and ride the waves back to shore. We fished, had watermelon feasts, rode bikes, played shuffleboard, and ate lunch at an old-fashioned grill on the pier, which still makes hamburgers and hot dogs the way you remember them.

At the end of our week, the children begged for a few more days. We had spent precious time together as a family in a quiet, unhurried setting. We can hardly wait to return!

Information: North Carolina Travel & Tourism Div., Dept. of Commerce, 430 N. Salisbury St., Dept. BHG, Raleigh, NC 27611.

HAPPY HOUSEBOATING REUNION

Judy Baxter
San Luis Obispo, California

Last summer, our whole family went houseboating for four days. When I say "whole family," I refer to Grandma and Grandpa, their five children and their families—for a total of 17. With this many people and an age range from 5 to 62, thinking of something we all could enjoy wasn't easy. Houseboating proved the perfect solution!

To accommodate this mob, we rented two houseboats. Lake Powell, Arizona, was the location chosen, and the scenery was spectacular. The adults talked and got reacquainted as the houseboats bobbed alongside breathtaking cliffs and steaks sizzled on the barbecues. The cousins explored, swam, fished, played games, and enjoyed each other's company. Who would have thought we could survive four days without TV?

At night, sleeping bags were taken topside. We anchored the boats next to each other, and slept under the stars.

Each child (even my 5-year-old) took a turn at the wheel of one of the houseboats. The kids all thought the vacation was a marvelous adventure.

The trip home was highlighted by a stop at the Grand Canyon and three days of camping. Then we all sadly went our separate ways, making plans to go houseboating again this year!

Information: Del E. Webb Recreational Properties, Box 29040, Dept. BHG, Phoenix, AZ 85038; Arizona State Office of Tourism, 1480 E. Bethany Home Rd., Suite 180, Dept. BHG, Phoenix, AZ 85014.

CHERISHED RAINY DAYS IN THE ROCKIES

Sandra and Ron Whitmore
Arvada, Colorado

Recently divorced and facing a different lifestyle, I decided nothing would stand in the way of a camping trip with my 13-year-old son, Ron. We loaded our Jeep, leaving just enough room for Misty, our Doberman, and took off for the Colorado Rockies.

We headed for Cottonwood Creek Campground above Buena Vista, Colorado, and Taylor Reservoir, near Gunnison, Colorado. We planned to spend four days fishing, camping, and jeeping. Little did we realize it was going to be a very wet four days.

We drove to Cottonwood Creek, pitched our little tent, and started to the river with our fishing poles. Then came the thunder, lightning, and rain. Supper that night was roast beef sandwiches and potato chips in the tent, while being entertained by two owls.

But that evening was a blessing in disguise. Ron and I found we could be together in such a miserable environment and still have lots to talk about. We started to become aware of each other's feelings. More parents should try this type of seclusion. The closeness can't be duplicated.

Friday's weather was no better. We reached Taylor Reservoir, fished a little, and rented a cabin to dry out. (You never appreciate a dry dog until you spend a night and a day in a tent or a Jeep with a wet one!) Saturday and Sunday greeted us with sunshine.

Ron and I still laugh about how wet we got, and we reminisce about the many conversations we were "forced" into. We also realize it's not necessary to go to fancy places and to spend lots of money to have a wonderful vacation.

Information: Colorado Tourism Board, 5500 S. Syracuse, Suite 267, Dept. BHG, Englewood, CO 80111.

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**"Ford 1985½ Escort 5-speed MTX: These are projected Ford ratings based on Ford engineering data, and are expected to be very close to official EPA ratings. Actual mileage will vary with maintenance, options, driving conditions and driving habits. Ratings for the 4-speed MTX FS are not expected to increase."

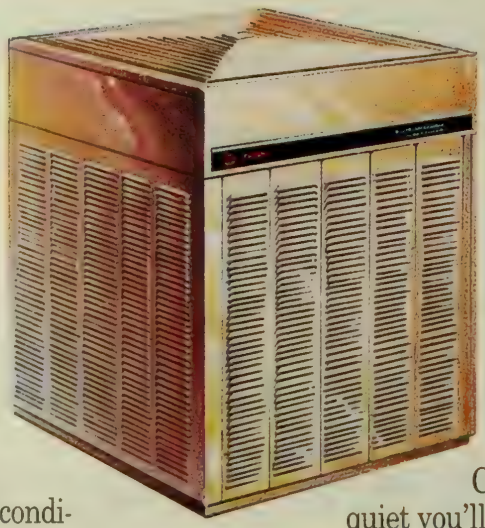


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*Based on comparison with 8 year old units with an average SEER of 7.2 and the Elite Plus air conditioner SEER of 10.2.

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Dandy Date Options

Often called the candy that grows on trees, delectable dates add unique flavor to many types of food. There are several fresh date varieties. The *semidry* date or sun-dried date, most common in the United States, is packaged and sold in its natural state. Packaged dates are sold pitted and can be bought already chopped with added sugar. The nonperishable *dry* date contains very little moisture when ripe. *Soft* date varieties are very moist and often are dehydrated to help lower them to a desirable moisture level. Both of these varieties are available in specialty food shops or the produce section of large supermarkets. You'll want to keep all dates stored, tightly covered, in the refrigerator. The main-dish, side-dish, and dessert recipes below offer ways to make versatile dates a part of your family menus.



DELICIOUS DATE SHAKES

These rich and creamy shakes are perfect as a quick-to-fix dinner finale—

- ⅓ cup pitted whole dates
- ½ cup orange juice
- 1 pint vanilla ice cream
- ½ cup plain yogurt
- 1 teaspoon instant coffee crystals

In a blender container combine pitted dates and orange juice. Cover and blend till smooth. Add the vanilla ice cream, yogurt, and instant coffee crystals to date mixture. Cover and blend just till mixture is well combined. Makes 4 (5-ounce) servings.



DATE CHICKEN BUNDLES

You can make these fruit-filled chicken bundles ahead, then bake them just before your dinner guests arrive—

- 2 whole large chicken breasts, skinned, boned, and halved lengthwise
- ½ cup coarsely shredded carrot
- 3 tablespoons sliced green onion
- ⅓ cup pitted whole dates, snipped
- ¼ cup butter *or* margarine, softened
- ½ teaspoon finely shredded orange peel

• • •

- ½ cup fine dry bread crumbs
- 2 tablespoons snipped parsley
- ¼ teaspoon salt
- ⅛ teaspoon pepper
- 1 beaten egg
- Cooked green beans (optional)
- Snipped dates (optional)
- Orange peel curls (optional)

Place the chicken, boned side up, between two pieces of clear plastic wrap. Pound with meat mallet to ⅛-inch thickness. Remove wrap. In a small saucepan cook the shredded carrot and sliced onion in a small amount of water till tender. Drain well. In a small bowl combine the cooked vegetables, snipped dates, butter or margarine, and the finely shredded orange peel. Spoon date mixture onto the center of each chicken piece. Fold in two sides; fold over other two sides, overlapping ends to resemble a bundle. Press ends to seal.

Combine bread crumbs, snipped parsley, ¼ teaspoon salt, and the pepper. Dip chicken in the beaten egg, then roll in crumb mixture. Place chicken, seam side down, in a 10x6x2-inch baking dish. Bake, uncovered, in a 375° oven for 35 minutes or till chicken is tender. Do not turn. To serve, arrange chicken bundles atop hot green beans. Garnish each bundle with snipped dates and orange peel curls. Makes 4 servings.



BROWN RICE AND DATE SALAD

This fresh salad teams the sweet flavor of dates with the tangy flavor of a lemony dressing—

- 3 cups cooked brown rice
- 1 cup chopped apples (2 small apples)
- ¾ cup pitted whole dates, snipped
- ½ cup bias-sliced celery

• • •

- ¼ cup salad oil
- ¼ cup lemon juice
- ¼ teaspoon salt
- Lettuce leaves
- ¼ cup chopped peanuts

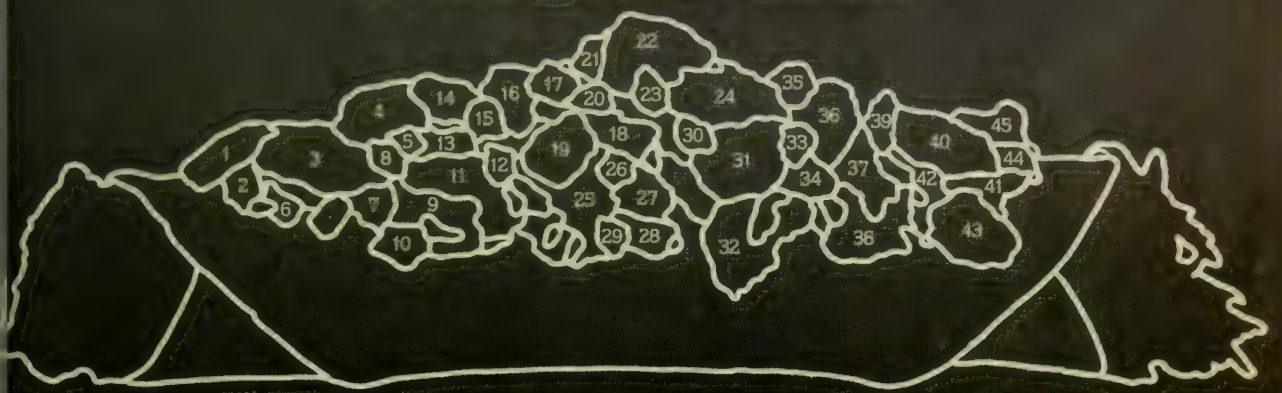
In a large bowl combine the cooked brown rice, chopped apples, snipped dates, and sliced celery. Stir together the salad oil, lemon juice, and ¼ teaspoon salt. Pour oil mixture over the rice mixture, tossing till well combined. Cover. Chill for several hours. To serve, turn salad into a lettuce-lined bowl. Sprinkle peanuts over all. Makes 6 servings.

Photographs: Scott Little

Introducing new La Especial® chunky salsa.



And a Mexican food lover's guide to its great taste.



1 tomato	6 tomato	11 tomato	16 tomato	21 jalapeño	26 onion	31 tomato	36 tomato	41 green pepper
2 green pepper	7 tomato	12 onion	17 green pepper	22 tomato	27 tomato	32 tomato	37 tomato	42 tomato
3 tomato	8 green pepper	13 tomato	18 tomato	23 green pepper	28 tomato	33 jalapeño	38 tomato	43 tomato
4 tomato	9 tomato	14 tomato	19 tomato	24 tomato	29 green pepper	34 tomato	39 onion	44 green pepper
5 jalapeño	10 green pepper	15 jalapeño	20 onion	25 tomato	30 tomato	35 onion	40 tomato	45 tomato

If you study the above guide for a moment, you'll notice something new to salsas. New La Especial. Loaded with delicious chunks of tomatoes, onions, and peppers in a specially seasoned sauce. Big, juicy chunks that deliver great flavor. Flavor that won't get lost on your burrito or other favorite food. So try new La Especial chunky salsa. And also try La Especial chunky taco, chunky picante, and enchilada sauces. In mild, medium and hot. And you'll no longer need a guide to its great taste.



LA ESPECIAL

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Choosing a Pet Collar And Leash

There's lots to consider when picking a collar and leash for your pet, but comfort, safety, and fit come first. Here are guidelines to help you determine what's best for your dog or cat.

Your dog or cat needs a comfortable collar to which his license and tags can be attached. For proper fit, allow enough room to slip two fingers between your pet's neck and his collar.

Type matters, too: A rolled collar is best for puppies and for adult dogs with wiry coats or long hair; choose flat collars for short-haired canines. If your pooch is small and a perpetual leash puller, a harness may keep him from injuring his neck. A "choke" chain collar is best for dog obedience training.

Always use a one-piece figure-eight harness when putting your cat on a leash. For identification at other times, use a collar made with hook-and-loop fastener tape. These collars pull apart when caught on something, so your cat can climb without injuring himself.

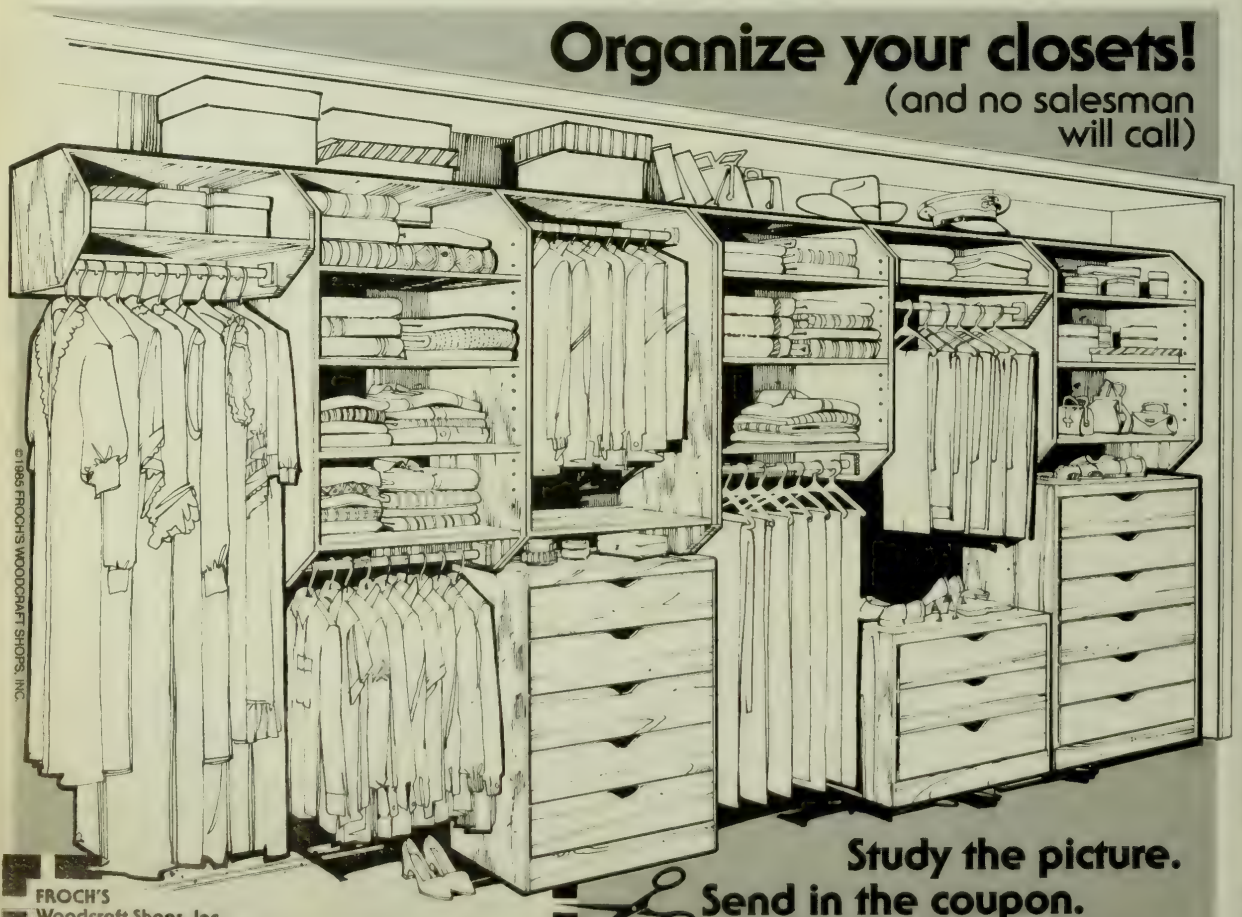
For most dogs and cats, select a leash about four feet long for usual outings.

Selecting materials

Pet collars and leashes come in a variety of materials from suede to the glow-in-the-dark kind. Choose those that satisfy your pet's needs.

Leather is an easy-care material; for durability, a double-stitched leather is best. Though nylon and other fabrics are the most colorful materials, they can stretch, and dogs chew on them. A chain leash is sturdy and chew-proof. Beware of decorative studs; they can poke through the inside of a collar.

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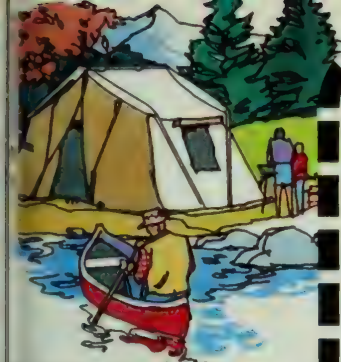
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Thousand Trails Inc

Offer Expires June 30, 1985

See other side for conditions of eligibility.

23-IBG471D

To reach the Preserve nearest you follow these driving directions. Preserves are open to tour 9 a.m. to 6 p.m., 7 days a week.

DRIVING DIRECTIONS

To reach the preserves in California:

Soledad Canyon: From Los Angeles area: Take Golden State Freeway (I-5) north to Antelope Valley Freeway (14) exit. Proceed on Freeway (14) to the Acton/Crown Valley Rd. exit. Turn right, go south on Crown Valley Rd. approximately 4 miles to Thousand Trails.

Idyllwild: From Los Angeles: Take I-10 to Banning, take Idyllwild turn-off (8th St.). Proceed 22 miles on Hwy 243 to Pine Cove. Turn left at Thousand Trails sign.

San Diego: From Hwy 805 take the Telegraph Canyon Rd. exit and travel east approximately 15 miles. Continue straight on Telegraph Canyon Rd., which turns into Otay Lakes Rd., and follow to Thousand Trails. From Jamul: Take Hwy 94 south to Otay Lakes Rd. Turn right and follow approximately 2 miles to Thousand Trails.

Lake of the Springs: From Marysville: Take Hwy 20 east. Turn left on Marysville Rd. and travel 11 miles to Willow Glen Cafe. Turn right, travel 1.8 miles to Oregon House, turn left on French Town Rd. Travel 1.8 miles to Thousand Trails.

San Benito: From San Jose: Take 101 south to Highway 25 cutoff to Hollister (or to State Route 156). Go through Tres Pinos, Paicines, then take a right on Cienega Road. Thousand Trails is approximately 3 miles down the road. Watch for signs.

Duncans Mills: From San Francisco: Take 101, north through Santa Rosa to River Road-Guerneville exit (Russian Resort Area). Go west on River Road 24 miles, through Guerneville, to Duncans Mills and Thousand Trails entrance on the left.

To reach the preserve in Nevada:

Las Vegas: From Los Angeles: From I-15 take the Tropicana exit and travel east to Boulder Hwy. (State Road 95). Turn left on Boulder Hwy., continue to Sahara Ave. Enter the Gemco Shopping Center and look for Thousand Trails sign.

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Those who have previously toured any Thousand Trails preserve, or have received a promotional gift, members of Thousand Trails, Inc., its employees and members of their immediate families, are not eligible to receive a gift(s) under this promotion.

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FURNISHINGS

Streamlined for Action

Active youngsters need action-proof spaces for working, playing, or just burning up energy. Even a small bedroom can afford plenty of rough-and-tumble space. Compact furniture, lots of storage, and a simple room arrangement do the job.

Cozy corner

This streamlined bedroom offers everything a little heart desires. The sturdy chest, ladder, and bunk beds (*right*) provide seating, storage, and enough sleeping space for big brother or an overnight guest. Instead of the usual stacking arrangement, the bunk beds are fit perpendicular into the corner. This unusual placement pays off in several ways. Placing the freestanding dresser at the foot of the upper berth utilizes potentially wasted space. This

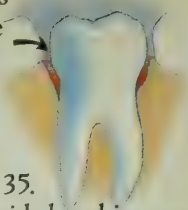


In this small bedroom, a compact L-shape furniture arrangement leaves plenty of open floor space.

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setup also creates a covered niche for resting, reading, or sharing whispered secrets. Best of all, this compact setup leaves plenty of floor space for active and imaginative play.

Seating and storage

The all-in-one, no-fuss work station (*below*) is another space-saving child-pleaser. Low, rugged stools attach directly to the base of the laminated plastic table. The one-piece unit with stationary seating and a solid work surface make worrisome, accidental tips and tumbles nearly impossible. Concealed behind louvered doors, a wall of storage completes the ensemble.

Ageless look

The easy-care laminate finish makes this furniture delightfully kidproof, yet its clean, contemporary styling is far from juvenile. By changing the background and accessories, the same furniture appears different, suiting it to sophisticates from four to 14.

Photographs: Jessie Walker
Design: Judy Weiss



Space for sliding chairs in and out is reclaimed with this tumble-proof, one-piece seating unit, set close to storage closets.



Super-Simple Dough for Fancy Cookie Trio

Three different cookies from one dough—what a delicious bargain! Just mix the basic sugar-cookie base, then divide it into three portions. Leave one portion plain, stir peanut butter into one, and add melted chocolate and pecans to the other. Cookie baking has never been so simple!

3-IN-1 COOKIE DOUGH

- 3 cups all-purpose flour
- ½ teaspoon baking soda
- ½ cup butter *or* margarine
- ½ cup shortening
- ½ cup granulated sugar
- ½ cup packed brown sugar
- 1 egg
- 1 teaspoon vanilla
- 3 tablespoons peanut butter
- 3 tablespoons milk
- 1 square (1 ounce) unsweetened chocolate, melted
- ½ cup chopped pecans

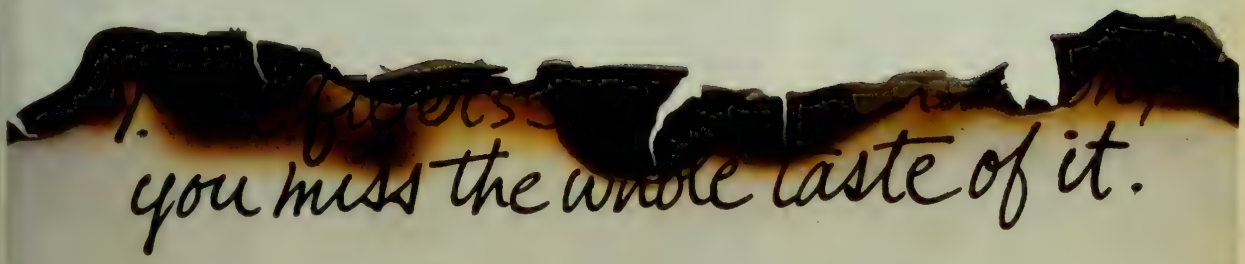
Combine the flour and baking soda; set aside. In mixer bowl beat butter or



PHOTOGRAPH: SCOTT

A mouth-watering trio of cookies from one dough.

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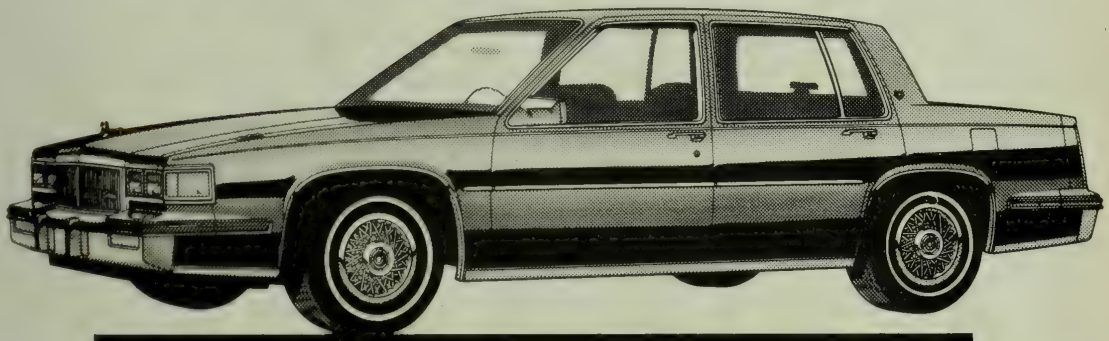
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Buying Guide

Most of the products shown editorially in *Better Homes and Gardens®* can be obtained in leading local stores. For more information, write the manufacturers listed. Some privately owned or custom-made items are omitted from the product listing.

FABULOUS FAMILY ROOM ADD-ONS

Page 101: Shingles—GAF Corp., 140 W. 51st St., New York, NY 10020. **Windows**—Marvin Windows, P.O. Box, Warroad, MN 56763.

Page 102: Sofa, chair, cushion fabric "Cranston Plaid Delft Blue"—Schumacher, 919 Third Ave., New York, NY 10022.

Page 103 (*top*): Dark framed window in loft—Air Seal Corp., 6701 Bloomington Ave., S, Minneapolis, MN 55423. **Skylights**—Andersen Corp., Box 12, Bayport, MN 55003. **Ceiling fan**—Hunter, Div. of Robbins-Meyers, Inc., 2500 Frisco Ave., Memphis, TN 38114.

Page 104 (*top left*): Cabinets—Wood Mode Cabinetry, Kreamer, PA 17833. **Range**—Vulcan-Hart Corp., 3600 N. Point Blvd., Baltimore, MD 21222. **Stools**—The Door Store, 5140 Nicholson Ln., Rockville, MD 20852. **(*Bottom*): Refrigerator, freezer**—Sub-Zero Freezer Co. Inc., P.O. Box 4130, Madison, WI 53711. **Wall convection oven**—Jenn-Air Corp., Div. of Maytag, 3035 Shadeland, Indianapolis, IN 46226. **Microwave**—Amana Refrigeration Co., Amana, IA 52203.

Page 105: Woodstove "Resolute"—Vermont Castings, 7093 Prince St., Randolph, VT 05060. **Ceiling fan**—Hunter, Div. of Robbins-Meyers, Inc. (address above). **Sofas**—John Mascheroni Signature Collection Ltd., 979 Third Ave., New York, NY 10022. **Windows**—Pella Windows and Doors, Rolscreen Co., 100 Main St., Pella, IA 50219.

Page 106 (*top*): Seating unit—Swain Originals, Inc., 200 E. Linden Ave., P.O. Box 4147, High Point, NC 27263. **Door**—Pella Windows and Doors, Rolscreen Co. (address above). **(*Bottom*): Lighting**—Lightolier, Inc., 346 Claremont Ave., Jersey City, NJ 07305. **Stools**—The Door Store (address above). **Range**—Modern Maid Co., 403 N. Main St., Topton, PA 19562. **Dishwasher**—Thermador, Div. of Norris Ind., 5119 District Blvd., Los Angeles, CA 90022 or 90040. **Cabinets**—Wood-Mode Cabinetry (address above).

GOOD DESIGN AT A GOOD PRICE

Page 108: Tub tray—Ingrid, Ltd., 3601 N. Skokie Hwy., North Chicago, IL 60064. **Back brush**—Caswell & Massey, 111 Eighth Ave., New York, NY 10011. **Soaps**—Crabtree & Evelyn, Ltd., Woodstock Industrial Park, Box 167, Peake Brook Rd., Woodstock, CT 06281. **Soap and toothbrush holders** "Roberta"—IDG Marketing Ltd., 1100 Slocum Ave., Ridgefield, NJ 07657. **Sink, faucet** "Regency"—American Standard, Inc., P.O. Box 2003, New Brunswick, NJ 08903. **Razor, makeup and shaving brushes**—Correspondence, 198 Spring St., New York, NY 10012. **Red faucet**—Watercolors, Inc., Garrison-On-Hudson, NY 10524. **Lighted mirror**—Rialto Products, Inc., 61-65 Green St., Brooklyn, NY 11222. **Toothbrushes, combs**—Wings Over The World Corp., 15 W. 27th St., New York, NY 10001. **Toothbrushes**—Harry D. Koenig & Co., Inc., 7 Main St., East Rockaway, Long Island, NY 11518. **Soap dish, towel ring, toothbrush holder, cup**—Conran's 444 Lafayette St., New York, NY 10003. **Hamper**—D. F. Sanders & Co., 386 W. Broadway, New York, NY 10013.

Page 109: Red plastic laminate "ColorCore"—Formica Corp., 1501 Broadway, Suite #1519, New York, NY 10036. **Lighted mirror**—JCPenney Co.,Inc., 1301 Ave. of the Americas, New York, NY 10019. **Pedestal sink**—Sears, Roebuck and Co., Sears Tower, Chicago, IL 60684. **Stool** "Roberta"—IDG Marketing (address above). **Ceramic tile**—American Olean, Lansdale, PA 19446. **Tub** "Birthday Bath," **chrome legs, faucets**—Kohler Co., Kohler, WI 53044. **Bath towels**—Cannon Mills, 1271 Ave. of the Americas, New York, NY 10020. **Bath mat**—Regal Rugs, Inc., 819 Buckeye, North Vernon, IN 47265. **Grid, accessories**—Heller Designs, Inc., 41 Madison Ave., New York, NY 10010. **Towel bar**—Conran's (address above).

SMALL-SPACE LIVING, MANOR-HOUSE STYLE

Page 110: Carpet "Anything Goes"—Armstrong World Industries, Inc., P.O. #3001, Lancaster, PA 17604. **Drop-leaf table, chairs, corner cabinet** "Collector's Cherry"—Thomasville Furniture Industries, Inc., P.O. Box 339, Thomasville, NC 27360.

Page 111: Carpet "Anything Goes"—Armstrong World Industries, Inc. (address above). **Butler's table** "Collector's Cherry"—Thomasville Furniture Industries, Inc. (address above). **Wing chair, lounge chair, sofa, and fabrics**—Thomasville Upholstery, P.O. Box 339, Thomasville, NC 27360. **Table lamp**—Nora Fenton, Inc., 107 Trumbull St., Elizabeth, NJ 07206.

Page 112 (*left*): Headboard—Thomasville Furniture Industries, Inc. (address above). **Bed flounce, comforter, and roman shade fabric** "American Country Kids"—Imperial Wallcovering, 23645 Mercantile Rd., Cleveland, OH 44122.

Page 113: Carpet "Anything Goes"—Armstrong World Industries (address above). **Bed, night table** "Collector's Cherry"—Thomasville Furniture Industries (address above). **Draperies**—Clarence House, 40 E. 57th St., New York, NY 10022. **Verticals**—Levolor Lorentzen, Inc., 1280 Wall St., W, Lyndhurst, NJ 07071.

ICE-CREAM BASICS

Page 124: Ice-cream scoop—Hamilton Beach, Div. of Scovill Mfg., P.O. Box 2027, Washington, DC 27889. **Measuring cup**—Tupperware World Headquarters, P.O. Box 2353, Orlando, FL 32802.

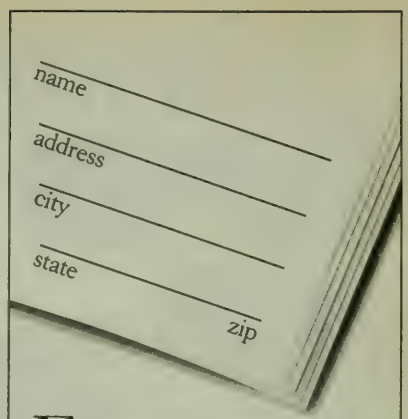
PRIZE TESTED RECIPES

Page 143 (*left*): Plate—Fostoria Glass Co., 1200 First St., Moundsville, WV 26041. **Vase**—American Cut Crystal, 225 Fifth Ave., New York, NY 10010. **(*Right*): Platter** "Blue Print"—Wedgwood, 41 Madison Ave., New York, NY 10010.

Page 144 (*left*): Plate "The American Collection"—The Pfaltzgraff Co., P.O. Box 1069, York, PA 17401. **Napkin**—Table Manners, Inc., 746 S. Los Angeles St., Los Angeles, CA 90014. **Fork** "Aspen"—Trend-Pacific Inc., 507 Towne Ave., Los Angeles, CA 90013. **(*Right*): Tray**—Royal Cathay, 530 Forbes Blvd., South San Francisco, CA 94080.

HOW TO INSTALL TRACK LIGHTS

Page 157: Track lights—Halo Lighting, Div. McGraw-Edison, 400 Busse Rd., Elk Grove Village, IL 60007. Juno Lighting, Inc., 2001 S. Mt. Prospect Rd., Des Plaines, IL 60018. Lightolier, Inc., 346 Claremont Ave., Jersey City, NJ 07305. Progress Lighting, Subsidiary of Kidde, Inc., Erie Ave. & G St., Philadelphia, PA 19134.



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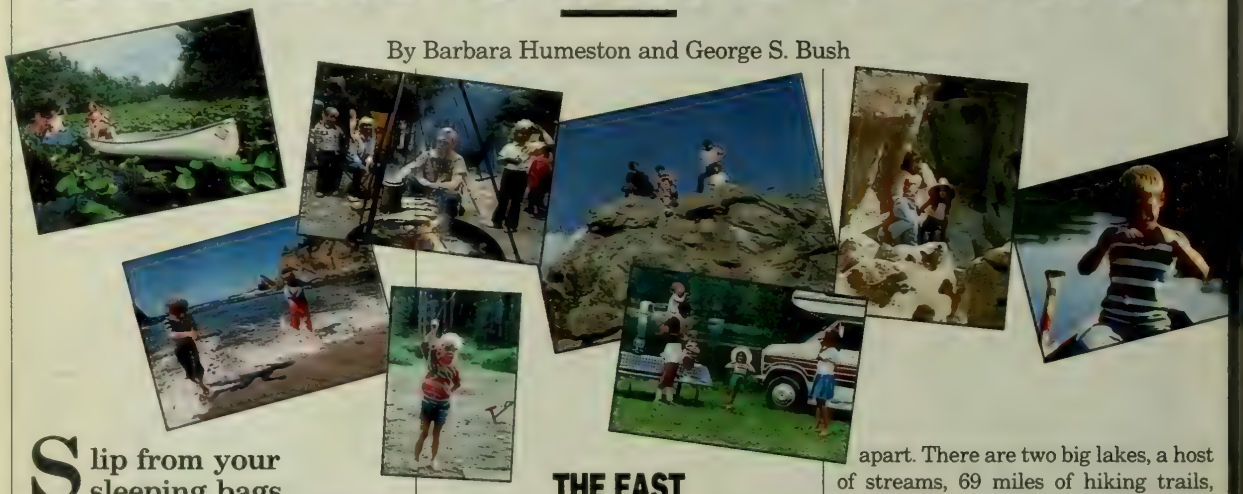
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FAMILY CAMPING IN SUPER STATE PARKS

By Barbara Humeston and George S. Bush



Slip from your sleeping bags as a pastel dawn splashes the horizon. Then trek alpine countryside, canoe meandering streams, or fish for your supper in lazy lakes and rivers. At the day's end, cozy up to a campfire as the sun silently blazes from sight.



With a few dollars and an itch to get away from it all, you can relish vacation days like these—camping at state parks. Back-to-nature activities and scenery—sky-skimming peaks to sunny seashores—are specialties. Many of the best state parks for camping are next door to national parks and forests; some also may be nearly as close as your backyard. Camping varies from primitive at pack-in sites to posh in RVs. Several of our favorite camping state parks, which follow, offer cabins.

For contacts that supply state park information in all 50 states, send a stamped, self-addressed envelope to: Parks, Features Dept., *Better Homes and Gardens,* 1716 Locust St., Des Moines, IA 50336.

THE EAST

Baxter State Park

Maine

Highlighting this huge 201,000-acre preserve are 175 miles of hiking trails—some quite steep—and 47 impressive peaks, including Mt. Katahdin, from which the Appalachian Trail stretches to Georgia. For the less athletic, recreation centers on lakes, streams, and ponds. Wildlife includes moose and deer. ***Address: Millinocket, ME 04462; phone 205/723-5140.***

Franconia Notch State Park

New Hampshire

Hiking is the best way to appreciate this popular park, cradled by mountain ranges and national forest in the heart of New Hampshire's White Mountain country. A convenient hikers' shuttle links trailheads (three Appalachian Trail system huts available for overnighting). For a grand view, ride the aerial tram up Cannon Mountain or hike through spectacular Flume Gorge. ***Address: Franconia, NH 03580; phone 603/823-5563 and 823-7751.***

Allegany State Park

New York

Activities at this 65,000-acre park, amid southwestern New York's woodsy hills and valleys, revolve around two recreation areas about nine miles apart. There are two big lakes, a host of streams, 69 miles of hiking trails, and an outdoor amphitheater that features family entertainment in summer. ***Address: R.D. 1, Salamanca, NY 14779; phone 716/354-2545.***

Ricketts Glen State Park

Pennsylvania

In this park, at the edge of northern Pennsylvania's Alleghany Plateau, romantic creeks chuckle through steep canyons, tumbling over 22 waterfalls (one drops nearly 100 feet). Hiking is a prime activity, but there's a fine lake for on-the-water recreation, too. ***Address: R.D. 1, Box 251, Benton, PA 17814; phone 717/477-5675.***

THE SOUTH

Watoga State Park

West Virginia

Along West Virginia's eastern border, the rolling woodsy Appalachian highlands are the setting for this 10,000-acre park. Cool breezes ripple the 11-acre lake and rustle through the 400-acre arboretum. A picturesque river buffers the park on one side; national and state forest lands nearly surround it on the others. ***Address: Star Rte. 1, Box 252, Marlinton, WV 24954; phone 304/799-4087.***

continued

Photographs: Left to right, George S. Bush (4); David Jordan; Recreation Vehicle Industry Association; David Jordan; Hopkins Associates


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SUPER STATE PARKS



Merchants Millpond State Park
North Carolina

Considering its northerly latitude (less than a day's drive from Washington, D.C., Baltimore, or Philadelphia), this park is unique: a semitropical wonderland of gigantic bald cypresses and twisted tupelo gum trees rising from dark, mysterious waters. You can canoe or hike into campsites deep within the park's 2,500 acres, which abound with birds and wildlife. ***Address: Rte. 1, Box 141-A, Gatesville, NC 27938; phone 919/357-1191.***

Edisto Beach State Park
South Carolina

This South Carolina coastal park, about 50 miles southeast of Charleston, is really three parks in one. A stretch of barrier island beach borders the ocean, while inland the landscape gives way to open salt marsh and then deep green woods. Fishing and relaxing are the prime pastimes. A boat ramp provides easy access to a nearby salt creek. The park includes a beachfront campground and probably the most popular shelling beach in the state. ***Address: Rte. 1, Box 84, Edisto Island, SC 29438; phone 803/869-2156.***

Pickett State Park
Tennessee

This remote 12,000-acre park in the Cumberland Mountains along the Tennessee–Kentucky state line is a natural gem. Some 58 miles of hiking trails wind through rhododendron-draped timberlands, past waterfalls, stone bluffs, and natural bridges. There's an inviting cliff-lined beach and a 12-acre lake. Big South Fork National Recreation Area, one of the last great undeveloped back-country regions in the East, adjoins the park. ***Address: Rock Creek Rte., Box 174, Jamestown, TN 38556; phone 615/879-5821.***

Bucks Pocket State Park
Alabama

A fairyland canyon, thickly forested and rimmed by rocky ledges, is the setting for this beautiful, secluded park in northeastern Alabama. Hiking trails lead from the canyon's crest into its depths (400 feet below) and along the canyon's creek toward a big reservoir. ***Address: Rte. 1, Box 24, Groveoak, AL 35975; phone 205/659-2000.***

Cloudland Canyon State Park
Georgia

A stunning 1,000-foot-deep canyon with two resplendent waterfalls is the centerpiece of this unusual preserve in northern Georgia's mountains. The park's longer hikes are steep in spots, but easy enough for families. In the dense forests, wildlife abounds—foxes, squirrels, possums, even bobcats. ***Address: Rte. 2, Rising Fawn, GA 30738; phone 404/657-4050.***

Myakka River
Florida

East of Sarasota, this 29,000-acre mosaic of marshes, rivers, prairies, and lakes is Florida's largest state park. Canoeing is excellent, and nearly 40 miles of hiking trails meander through the park where 7,500 acres have been set aside as a wilderness preserve. If you're quiet, you'll see deer, wild turkeys, a host of birds, even gators. ***Address: Rte. 1, Box 72, Sarasota, FL 34241; phone 813/924-1027.***

Palo Duro Canyon State Park
Texas

You'd never expect to find a canyon in the plains country of the Texas Panhandle, until it suddenly opens at your feet: a brilliantly colored 1,000-foot gorge, carved over the eons by the Red River. The park road extends eight miles up this gorge, with trails along the stream beyond it. In summer, there are scenic railroad trips and performances of the outdoor drama *Texas.* ***Address: Rte. 2, Box 285, Canyon, TX 79015; phone 806/488-2227.***

THE MIDWEST

Hocking Hills State Park
Ohio

The aura of the Great Smoky Mountains surrounds this sprawling southern Ohio park, which is divided into six parts linked by twisting country roads and some 33 miles of hiking trails. Enormous hills draped in forest green roll away toward the horizon. Hiking trails wind through cool gorges, along sandstone ridges, and beside little dancing waterfalls. ***Address: 20160 State Rte. 664, Logan, OH 43138; phone 614/385-6841.***

Porcupine Mountains Wilderness State Park
Michigan

This 58,000-acre chunk of virgin wilderness, which overlooks Lake Superior from Michigan's Upper Peninsula, is mountain country in every sense of the word. The superb 85-mile network of hiking trails supplies grand views of inland streams and waterfalls, as well as the vast oceanlike lake, which pounds the rugged shoreline. ***Address: R.R. 2, M-107, Ontonagon, MI 49953; phone 906/885-5798.***

Wyalusing State Park
Wisconsin

You won't find many panoramas more delightful than the one from Wyalusing's bluffs, 500 feet above the confluence of the Mississippi and Wisconsin rivers. From the park's lofty campgrounds, 18 miles of nature walks and trails meander along river bluffs

continued

Photographs: Left to right, Hedrich-Blessing; David Jordan (2); Hedrich-Blessing; George S. Bush (3)

THE INSIDE STORY IS LEAKING OUT.



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SUPER STATE PARKS





and descend to quiet backwaters. ***Address: Rte. 1, Box 1055, Bagley, WI 53801; phone 608/996-2261.***

Scenic State Park
Minnesota

This 3,000-acre preserve in the heart of Minnesota's scenic north woods includes seven quiet lakes that reflect images of towering pines all around. Fishing and hiking are favorite activities. True primeval wilderness awaits those who venture deep into the park. ***Address: Bigfork, MN 56628; phone 218/743-3362.***

Custer State Park
South Dakota

In this huge Black Hills park, the landscape is beautifully varied—mountains, lakes, streams, forests, and prairie. You can take jeep safaris across plains where buffalo roam or hike to the highest peak east of the Rockies. This 114-square-mile preserve probably would have become a national park if South Dakota hadn't claimed it first. ***Address: Star Rte. 3, Box 70, Custer, SD 57730; phone 605/255-4515.***

Sam A. Baker State Park
Missouri

This enchanting green corner of the Ozark Mountains supplies a rich setting for old-time outdoor fun. There's a wide creek dotted with crystal-clear swimming holes, a river jumping with bass and bluegill, and a canyon with walls that rise as much as 500 sheer feet up to the sky. You can dine in a native stone restaurant and browse the interpretive center. ***Address: Patterson, MO 63956; phone 314/856-4411.***

Fort Robinson State Park
Nebraska

A barricade of craggy buttes rims this exquisitely preserved wild-west cavalry outpost, now a state park. Besides the fascinating fort, there's the surrounding high-country wilderness to explore and numerous special outdoor activities, including cross-country jeep tours. ***Address: Crawford, NE 69339; phone 308/665-2660.***

THE WEST

Heyburn State Park
Idaho

An abundance of wildlife is this park's greatest asset—elk, deer, ospreys, eagles, blue herons. Even mountain lions sometimes are sighted, as they slink through the virgin timber. Underwater creatures are no less exciting: coho salmon swim into the park's three connected lakes, and later in the season, land-locked kokonee salmon, bass, and cutthroat trout are fun to hook. ***Address: Rte. 1, Box 139, Plummer, ID 83851; phone 208/686-1308.***

Priest Lake State Park
Idaho

A long sand beach and fine trout fishing make this one of Idaho's best backcountry parks. Boats for water sports, including water-skiing, are available at nearby marinas. After the spring runoff, there's also tubing and rafting in the Priest River, which flows from 26-mile-long Priest Lake. ***Address: Coolin, ID 83821; phone 208/443-2200.***

Calaveras Big Trees State Park
California

This is where to see some of the world's most massive trees—giant sequoias, towering over 300 feet high and measuring more than 25 feet across. They stand in magnificent tranquillity, particularly in the park's South Grove (reserved for day hikers). In the more heavily visited North Grove, you can stroll into the silent forest and bed down at secluded "environmental campsites." ***Address: Box 120, Arnold, CA 95223; phone 209/795-2334.***

Sunset Bay State Park
Oregon

Situated on a cape of the incomparably scenic Oregon coast, this enclave of three state preserves in one is unmatched in its diversity of joys: a sea lion colony in plain view, crag-rimmed coves with sand beaches, tidal pools to explore for ocean treasures, seven miles of shoreline and interior trails, vast bluff-top views, and 11 acres of formal gardens where something is always in bloom. ***Address: 13030 Cape Arago Highway, Coos Bay, OR 97420; phone 503/888-4902.***

Lake Wenatchee State Park
Washington

Kids love the Junior Ranger Program here. They join in park chores with the rangers and are rewarded with badges at the weekend campfire programs. Campsites lie tucked away in the evergreens. Lake Wenatchee and the Wenatchee River are great for fishing, swimming, and canoeing. Peaks of the North Cascades rise all around. ***Address: Star Rte., Leavenworth, WA 98826; phone 509/763-3101.***

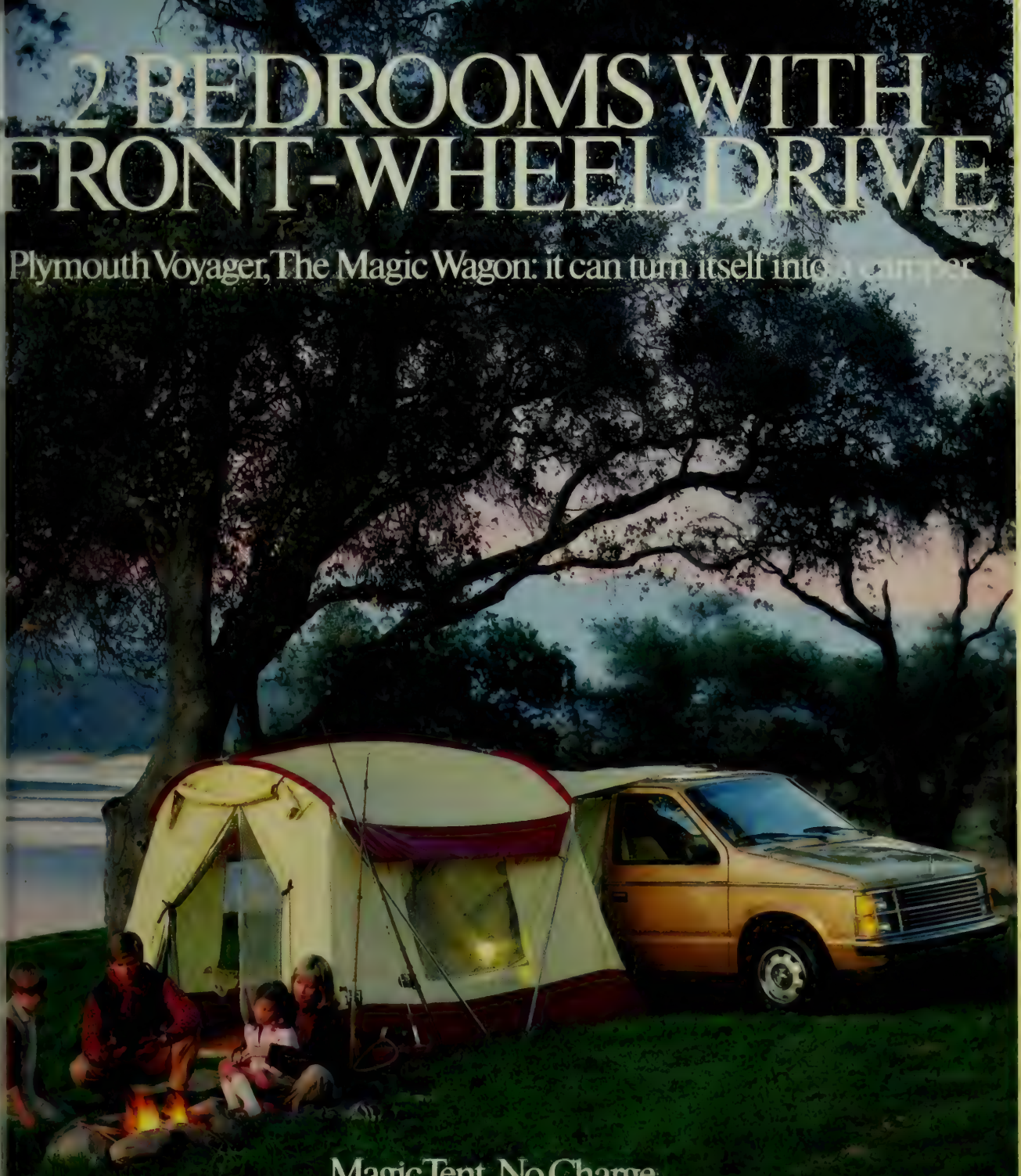
Denali State Park
Alaska

Through the ages, the wild north-country scenery hasn't changed much at this 324,420-acre park, adjacent to the highway between Anchorage and Fairbanks. Mt. McKinley towers on the horizon; other peaks backdrop awesome glaciers and gorges. Glassy lakes dot rock- and tundra-covered ridges. Whistle-stops along the Alaska Railroad provide access to the park's most remote eastern reaches. Hiking 40-mile Curry Ridge Trail is unforgettable. ***Address: Mat-Su/Copper Basin District, Star Rte., Box 6706, Wasilla, AK 99687; phone 907/745-3975.***

Photographs: Left to right, Recreation Vehicle Dealers Association; George S. Bush; David Jordan; George S. Bush (2); Hopkins Associates

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By Ann Lively



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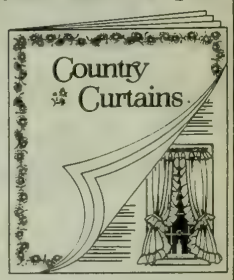
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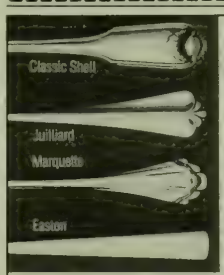
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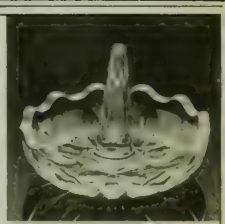
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Teaspoon	4.00	1.75	5.50	2.25	8.00	3.20	15.00	6.10	12.00	4.45	22.00	7.95
[1]Fruit Spoon	4.75	2.00	5.00	2.20	7.00	3.20	—	—	—	—	—	—
Soup Spoon	5.50	2.30	6.00	2.40	9.00	3.65	15.00	6.10	14.00	5.20	25.00	8.95
Iced Tea Spoon	4.75	2.00	6.00	2.65	9.00	4.00	16.00	6.80	12.00	4.75	22.00	8.25
[2]Demitasse Spoon	—	—	—	—	6.25	2.95	9.75	4.15	8.00	3.25	15.00	5.50
Place Fork	5.50	2.30	6.75	2.75	11.00	4.40	15.00	6.10	16.00	5.95	27.00	9.95
Salad Fork	4.50	1.95	6.25	2.55	9.00	3.65	15.00	6.10	14.00	5.15	23.50	8.75
Seafood Fork	5.00	2.25	6.00	2.65	8.50	3.80	16.00	6.80	10.00	3.75	17.50	6.50
Place Knife	10.00	4.25	10.50	4.35	13.00	5.25	15.00	6.10	19.00	6.95	32.50	11.95
[3]Steak Knife	9.50	4.25	11.50	5.15	13.50	6.10	16.00	6.80	18.50	6.95	32.00	11.75
[4]Butter Spreader	5.00	2.25	9.50	4.15	12.00	5.45	16.00	6.80	17.00	6.25	28.00	10.50
Butter Knife	5.00	2.25	10.50	4.60	12.50	5.65	18.00	7.70	16.00	6.40	32.00	11.75
Sugar Spoon	5.00	2.25	7.00	3.25	10.50	4.70	18.00	7.70	12.00	4.45	26.00	9.50
Tablespoon	6.50	2.95	9.25	4.25	12.50	5.65	24.50	10.40	20.00	7.50	32.00	11.75
Pierced Tablespoon	6.50	2.95	9.25	4.25	12.50	5.65	24.50	10.40	20.00	7.50	32.00	11.75
Cold Meat Fork	8.50	3.90	12.00	5.45	16.00	6.90	24.50	10.40	22.50	8.25	40.00	14.75
Dessert Server	8.50	3.90	12.00	5.45	—	—	—	—	22.50	8.25	40.00	14.75
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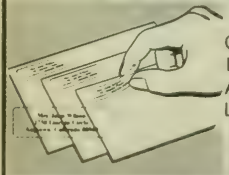
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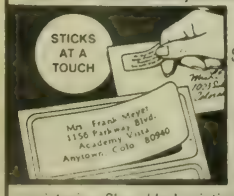
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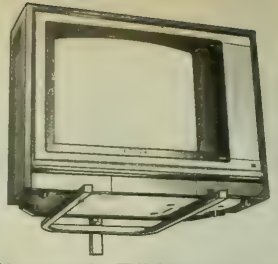


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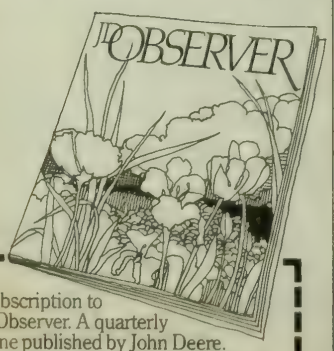
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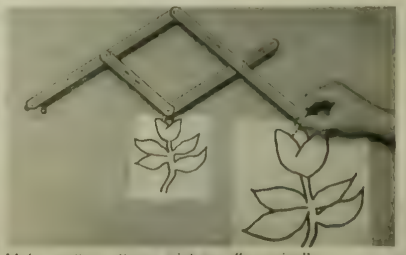
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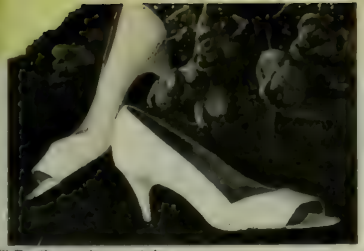
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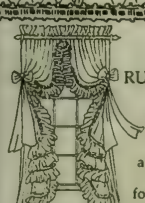
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Teaspoon	15.00	5.95	8.00	2.75	5.50	1.95	3.75	1.40
Soup Spoon	15.00	5.95	9.00	3.15	6.00	2.20	5.00	2.00
Dinner Knife	15.00	5.95	13.00	4.55	10.50	3.95	9.25	3.70
Dinner Fork	15.00	5.95	11.00	3.75	6.75	2.40	5.00	2.00
Salad Fork	15.00	5.95	9.00	3.15	6.25	2.30	4.50	1.80
Tall Drink Spoon	16.00	6.35	9.00	3.55	6.00	2.35	4.75	2.00
Fruit Spoon[1]	—	—	7.00	2.75	5.25	2.05	4.75	2.00
Demitasse Spoon[2]	9.75	3.95	6.25	2.45	—	—	—	—
Seafood Fork	16.00	6.35	8.50	3.35	6.00	2.35	5.25	2.20
Steak Knife[3]	16.00	6.35	13.50	5.35	11.50	4.55	10.25	4.35
Butter Spreader[4]	16.00	6.35	12.00	4.75	9.50	3.75	5.25	2.20
Butter Knife	18.00	7.20	12.50	4.95	10.50	4.20	5.25	2.20
Sugar Spoon	18.00	7.20	10.50	4.15	7.00	2.80	5.25	2.20
Tablespoon	24.50	9.75	12.50	4.95	9.25	3.70	7.00	2.95
Pierced Tablespoon	24.50	9.75	12.50	4.95	9.25	3.70	7.00	2.95
Casserole Spoon	24.50	9.75	15.25	6.05	—	—	—	—
Gravy Ladle	24.50	9.75	16.00	6.40	12.00	4.80	9.00	3.90
Serving Fork	24.50	9.75	15.25	6.05	12.00	4.80	9.00	3.90
Desert Server	—	—	—	—	12.00	4.80	9.00	3.90
4 PC Hostess Set	98.00	38.95	59.00	23.45	45.25	17.95	34.00	14.45
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THE MAN NEXT DOOR

Our Rosemary, back from college for the summer, tells us that all the graduating seniors who spent four years trying to stay out of a rut are now busily trying to get into one.

"Every time my neighbor returns from a trip calling it 'indescribable,'" says Lee Bayless, "I know he's going to describe it at great length anyway—and with at least one full evening of slides, to boot."

Burt, Jr., has finally reached the age when he realizes he can't have everything in life that he wants—at least, not until he clears some space for it in his room.

"A good marriage is like a casserole," the Rev. George Hall commented last Sunday. "Only those responsible for it really know what goes into it."

Editor Earl Reeves is dismayed by the response he received to his editorial on the demise of letter writing: Not one reader wrote in to comment.

The most popular after-dinner speaker, says Bill Minchin, still is the guy who tells the waiter, "I'll take the check."

Grandpa Hillis recalls that when he was young, he and his bride sometimes went for a drive in the family automobile for a little excitement. These days, Chris and I often do the same thing just to find a few precious hours of peace and quiet.



"You're in fantastic shape for your age! Something's got to give soon!"



"I think it's called a dammit."

Ken Floyd mentioned the other day that he would probably be more impressed with some of his fellowmen's personal statements if he didn't have to see them in print—every day—on car bumpers.

Bill Norman says he's really happy and proud to live in a free society, where the only time you have to tell everything you know about yourself is when you apply for a loan.

Betty Bigley, our newest neighbor, will tell you that the greatest neighbor in the world is the one who looks over the back fence on a sunny Saturday afternoon and pronounces your flower garden the prettiest one in town.

Our popular friend Elaine Cowan concedes that we learn from the errors of our ways, but says she would have been a lot happier with a less complete education.

This is the season for college graduations and, of course, honorary degrees.

I'm always curious to see who will be honored at our nearby college. This year's honorees included a singer who was graduated from the college, a retired general, and a former governor.

Please understand, I have no quarrel with this pleasant tradition, but I can't help but think at the same time about all the people who touch our lives almost daily in some essential way, yet never receive any measure of recognition beyond their paychecks.

There is our mail carrier, Gene Eoff, who is always cheerful, no matter what the weather.

There is Dale Goebel, our local hardware store owner, who for 30 years has been giving us do-it-yourselfers wise advice. And there is Helen Schalla, the checkout clerk at the local supermarket, who always asks about the children.

At the very least, they deserve a warm smile and a sincere thank-you, and I think I'll confer the honors the next time I see each of them.

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